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Third man linked to confinement case

A 63-year-old Lower Sackville man faces a charge of sexual assault and another prostitution-related charge **PAGE 4**

OPTION 1A

JONATHAN DROUIN IS GIVING THE QMJHL-LEADING MOOSEHEADS A SECOND BONA FIDE SUPERSTAR ALONGSIDE NATHAN

MACKINNON **PAGE 30**



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Wednesday, November 21, 2012



News
worth
sharing.



BUDDY AND HOLLY

Mark Uhre is Buddy the Elf and Sheldon Bergstrom is Santa in Neptune Theatre's holiday production of **ELF: The Musical**. The show officially opens Friday. Story, see page 8. **JEFF HARPER/METRO**

Protecting the transgendered

Province intends on altering Human Rights Act for a more inclusive society **PAGE 6**

Sex, lies and Sesame Street

The man behind Elmo has stepped down amid scandal **PAGE 10**

Deep into the blue

The ocean provides a powerful backdrop in cinematic take on *The Life of Pi* **PAGE 17**

No Skye on horizon

Done deal. Mayor leads council to halt contentious skyscrapers, citing importance of respecting HRMbyDesign

The new regional council and mayor have sent a clear message to developers in Halifax with a decision to stop the Skye Halifax project from proceeding.

Council rejected a motion Tuesday that would have sent the 48-storey twin towers to a public hearing and potentially to final approval.

The debate was relatively brief, taking less than an hour, and focused more on the importance of adhering to the HRMbyDesign policy — developed with extensive public consultation — than on the merits of the actual proposal.

"I feel that today's decision is about trust," said Coun. Wayne Mason, who made the motion to reject amendments to existing rules that would have cleared the way for Skye

to proceed. "How will any citizen trust our plans if they can be overturned whenever a big development is brought forward?"

The project would have required amendments to four existing planning laws, including the height restrictions in the downtown core, currently at 66 metres.

Mayor Mike Savage took the unusual step of surrendering the chair to Deputy Mayor Reg Rankin so that he could join the debate.

Savage said he likes the Skye Halifax proposal — but warned council emphatically about undoing the stability provided by HRMbyDesign.

"To change that now would be to damage the development climate in downtown Halifax and put us back to a degree of chaos," he said. "It would remove all clarity and predictability and consistency from our process and could return us to the days when every proposal became a fight."

Developers with United Gulf, who could be heard muttering irately in the public

Quoted



our plans."
Mayor Mike Savage

"I think it does send a signal that we're going to follow

gallery during the debate, refused comment after the final vote of 9-6.

Dissenting councillors said they weren't necessarily in support of the project, but wanted it to proceed to a public hearing.

"I know we've had extensive public consultation, but I'm not convinced we've had all the opportunity to hear from the public," said Coun. Barry Dalrymple.

"There's no rush to end this tonight without hearing from the public in a public forum." **RUTH DAVENPORT/METRO**

More on Skye Halifax, page 3



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Council vote. District name changes approved



Russell Walker METRO FILE

Although Coun. Russell Walker wasn't at Tuesday's meeting, city councillors approved his initiative to change some of the new district names from those set by the Utility and Review Board.

City staff polled councillors over the past week to ask who wanted changes made, and council voted Tuesday to submit those changes to the UARB for approval.

The changes are as follows:

- District 2 changes from Preston-Porters Lake-Eastern Shore to Preston-Chezzetcook-Eastern Shore.
- District 9 changes from Peninsula West-Armdale to Armdale-Peninsula West.
- District 11 changes from Spryfield-Sambro-Prospect Road to Spryfield-Sambro Loop-Prospect Road.
- District 12 changes from Timberlea-Beechville-Clayton Park West to Timberlea-Beechville-Clayton Park.
- District 14 changes from Upper/Middle Sackville-Beaver Bank to Middle/Upper Sackville-Beaver Bank-Lucasville.

All other district names remain unchanged.

RUTH DAVENPORT/METRO

Public forum. Nova Centre session on tonight

The second-to-last public-engagement session for the Nova Centre is taking place on Wednesday night.

Session No. 11 of 12, starting at 7 p.m. at the Kenneth C. Rowe Heritage Hall at Pier 21, is titled Metro Engagement: The New Halifax Convention Centre. Participants will discuss the possible impact of a new convention centre on the city and the role the public can play in its development.

Enhancements to the building design are also expected to be revealed.

The final session is on Dec. 5 and will feature the most updated design.

The \$500-million Nova Centre is scheduled to open in early 2016.

METRO



Coun. Wayne Mason debates the Skye Halifax development at Tuesday's regional council meeting at the World Trade and Convention Centre. JEFF HARPER/METRO

Skye really was the limit for twin towers

Thumbs-up.

Business groups say development would have bent rules too far



RUTH DAVENPORT
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Regional council made the right decision in stopping the Skye Halifax project, say stakeholders in the downtown core.

Paul MacKinnon, executive director of the downtown business commission, said the vote may not be immediately popular with citizens, but most developers and businesses are applauding the "bold decision."

"There's a lot of people that, I think, are misinterpreting this as a knock on development, but there's a lot of us that were opposed to it and felt that if it went through, it

How they voted

The "yes" side voted to stop Skye Halifax; "no" would have allowed a public hearing.

Yes
Lorelei Nicoll
Wayne Mason
Jennifer Watts
Reg Rankin
Linda Mosher
Brad Johns
Steve Craig
Tim Outhit
Mayor Mike Savage

No
Barry Dalrymple
David Hendsbee

Absent
Gloria McCluskey
Darren Fisher
Stephen Adams
Matt Whitman

Absent
Russell Walker



An artist's rendering of the Skye Halifax development CONTRIBUTED

would actually hinder development downtown in the long term," he said.

MacKinnon wrote a letter signed by several dozen busi-

ness groups, urging regional council to stand by HRM-byDesign and scupper the 48-storey twin towers. He said it may sound counterintuitive,

but stopping the project was a pro-development thing to do.

"We heard comments from developers saying, 'We're not sure where the city's going with HRMbyDesign,'" he said. "So it's already created uncertainty, and I think the developer's been strung along a little bit."

Nancy Conrad, senior vice-president of the Halifax Chamber of Commerce, said she's pleased with what council decided, and how they decided it.

"This council made a decision promptly and efficiently and said, 'No, this doesn't fit in the guidelines we put in place,' and the developer would have gone in understanding that would be the risk," she said.

Conrad said chamber members want transparency in the development process, and will be pleased with the council decision to respect its own rules. "Halifax is indeed open for business," she said.

Reaction on social media

Metro went to Facebook and Twitter to see if people agreed with council's decision to block the Skye Halifax project. Here's a sample:

Facebook

- **Nicholas Harvey:** Sigh, let's continue to bar all economic development in this province. Everyone is horrified of change and the cost is jobs and youth. Almost all the talented Nova Scotians leave the province to (pursue) higher pay and more opportunities. If this continues no one will be here to pay the health care

bills for the people voting this economic development down.

- **Mitchell Sceviour:** Yes, we don't need it. We should focus on better things. And let's not kill the waterfront we have ... Halifax is beautiful.
- **Erin Page:** God forbid this city should embrace some change, growth and development.
- **Sherri Hayes:** The percentage of people employable in big office towers is very small compared to the whole of the population

that needs jobs. I am well educated but can't get a job in those places. I get much joy from showing visitors around our city and telling stories of our history. My husband is from England and he is amazed how our history connects to his country and is very excited for some of his family to come here and experience it, too. They don't want to come here and see skyscrapers.

Twitter

- **@Boycie90:** terrible decision, council should recognize the

current needs of Halifax to grow and prosper.

- **@Christofski:** it's 1980 here and 2012 in Moncton.
- **@sgpdooley:** you would think with a new mayor&council Halifax would finally get some life oh well it'll soon be a dead city @HRMProblems
- **@christinacopp:** for f**k sakes. #Vancouver has a pretty waterfront & tall buildings! Yeah downtown #Halifax looks much better as a ghost town.

Sidney Crosby. Featured in anti-drug video

Cole Harbour's Sidney Crosby and other famous celebrities have come together for a new drug-awareness video aimed at teens.

The RCMP launched their Canadian Champions initiative at Auburn Drive High School in Dartmouth on Tuesday morning, hoping to encourage youth to build a "drug-free future," according to a press release.

The program is built around a near 30-minute long video featuring Canadian athletes, students and celebrities sharing stories of how drugs impacted their lives.

"Your real friends are going to understand what's important for you and they're going to be there to support you. Your real friends aren't going to be the ones pushing things on you," Crosby said in the video.

Sgt. Alain LeBlanc of the Nova Scotia RCMP said an important part of the video gives

kids advice on what to say when offered drugs.

"The message is quite clear," LeBlanc said, "You can make the right decision."

Other sports celebrities taking part include Brett Lawrie of the Toronto Blue Jays, Cory Joseph of the San Antonio Spurs, Olympic snowboarder Caroline Calve and local boxing legend Ricky Anderson.

LeBlanc added there is also an interactive contest allowing teens to get creative and make their own videos about drug awareness and share personal stories.

"That's pretty powerful," he said.

The video will soon be shown in schools all over Canada. **HALEY RYAN/METRO**

Online

To see the video,
go to metronews.ca



Pittsburgh Penguins captain Sidney Crosby. THE CANADIAN PRESS

Crime. Man charged for assaulting Amherst cop

A 29-year-old Amherst man will return to court in December to answer to three charges following an altercation with a town police officer.

Christopher Ryan Robichaud is charged with resisting arrest, obstruction of a police officer and assault causing bodily harm to a police officer after police responded to a fight complaint at an Amherst business shortly after 2 a.m. on Nov. 18.

During the altercation a member of the police depart-

Second arrest

A 23-year-old female was also arrested in the altercation for obstruction of a police officer.

ment was injured.

Robichaud appeared in court in Amherst this week and was from custody with conditions. He is due back in court on Dec. 17. **AMHERST DAILY NEWS**

St. Francis Xavier

Conciliator to help end contract dispute

A conciliator has been appointed to help resolve a contract dispute at St. Francis Xavier University in Antigonish. John Greer will soon meet with unionized faculty and university officials. The two sides asked for a conciliator last week. No dates have been set to resume bargaining. **THE CANADIAN PRESS**

Stewiacke

Agricultural icon being sold

Farmer Clem's, a landmark for the past 20 years in Stewiacke, has been sold. Founder Vernon Blois said the sale is set to close at the end of November. Pine Acres RV Ltd., from Moncton, purchased the building. Blois, who founded Farmer Clem's in 1961, turns 63 in January. **TRURO DAILY NEWS**



Holiday cheer begins to appear

Katie Cannon paints a festive window scene in the front window of the Foggy Goggle in Halifax on Tuesday afternoon. Signs that the holiday season is around the corner are popping up throughout the downtown. **JEFF HARPER/METRO**

Third man charged in child confinement case

Bail hearing. John MacKean, 63, back in court Thursday



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The RCMP say it is "unlikely" any more people will be charged in relation to the sexual-assault and confinement case of a 16-year-old boy in Lunenburg County back in September.

RCMP spokesman Sgt. Alain LeBlanc made the comment after a third man had been charged in the investigation on Tuesday.

John MacKean of Lower Sackville, 63, faces a charge of sexual assault and another prostitution-related charge after being arrested Monday in Fredericton.

Crown Lawyer Lloyd Tan-

cock said outside court in Bridgewater Tuesday that the second charge was for communicating for the purpose of obtaining sexual services from someone under 18.

MacKean has been remanded to jail until his next court appearance on Thursday.

Police launched an investigation in September after a woman in Upper Chelsea reported that a barefoot teen showed up at her doorstep chained at his wrists and ankles, seeking help.

Officers later issued arrest warrants for David James Leblanc and 31-year-old Wayne Alan Cunningham.

"It's important to remember that a suspect may be identified early on in an investigation. However, you need evidence to support a charge," LeBlanc said as to how the charges came against a third person in the case.

Leblanc was arrested in northern Ontario after police



The residence in Upper Chelsea where the alleged confinement took place.

JEFF HARPER/METRO

received a report of a man wandering without shoes and wearing light clothing in near-freezing temperatures. He was flown to Halifax after receiving medical treatment.

Cunningham's body was found near the area where Leblanc was arrested. Foul play was not suspected in his death.

Leblanc faces seven charges, including sexual assault, sexual assault causing bodily harm, forcible confinement and administering a noxious substance with intent to cause bodily harm. He is in custody and due to return to Bridgewater provincial court Dec. 19.

WITH FILES FROM THE CANADIAN PRESS

Two men charged with stunting, one clocked at double the posted limit: Police

Police in Nova Scotia have charged two people with stunting, with one of the drivers allegedly going more than twice as fast as the stated speed limit.

Police in the Annapolis Valley said Tuesday that they stopped a 28-year-old man who was allegedly doing 143 kilo-

metres an hour in a 60 km/h zone.

The driver was suspended from driving, his vehicle seized and he faces a fine of \$2,412 if convicted.

RCMP in Halifax also charged a 22-year-old Bedford man with stunting after he

was allegedly clocked at 157 kilometres an hour in a 100 km/h zone on Tuesday morning.

The driver was also suspended from driving for a minimum of one week, his car seized and he faces the same fine. **THE CANADIAN PRESS**

Highway 118

Halifax police say the 22-year-old driver was stopped on Highway 118 near Exit 13 (W).



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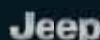
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Justice Minister Ross Landry speaks with Kate Shewan, a transgender woman, prior to the start of a press conference to announce amendments to the Human Rights Act at Province House on Tuesday morning. **JEFF HARPER/METRO**

New legislation will protect transgender residents in province

Written in law. Group says announcement a step toward making society more inclusive



ANDREW RANKIN
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Kate Shewan says the province's transgender community faces its fair share of challenges.

But Tuesday's announcement that the province intends to change the Nova Scotia Human Rights Act to specifically protect the rights of transgender people will, she says, go a long way in making the province a more inclusive society.

"For a long time, we've felt very marginalized and now this makes us feel that we're part of the whole community," she said.

The proposed changes to the province's Human Rights

Inclusive society

"This is a message that discrimination on the basis of gender is unacceptable in Nova Scotia."

David Shannon, CEO of the Nova Scotia Human Rights Commission

Act would include gender identity and gender expression.

Justice Minister Ross Landry announced the amendments at Province House on Tuesday morning. He said he hoped the change would help the province become a more liberal and progressive place to live.

"I believe our community must be a place where all Nova Scotians know they are accepted," said Landry.

Shewan is the treasurer of Nova Scotia Rainbow Action Project, which represents transgender residents in the province. The group had been pushing the government since July to amend the legislation,

with the aid of a 2,000-signature petition.

Kevin Kindred, chairman of the group, said although transgender people are able to take discrimination complaints to the province's Human Rights Commission, the current legislation leaves a lot up to interpretation, which leads to confusion.

The changes, he said, sets the record straight for the transgender community and society at large.

"It's not necessarily creating new rights, but it's creating a new understanding that discrimination against transgender people is covered by the Act," said Kindred.

Across the country

Other provinces, which have specific human-rights legislation protecting transgender people: Ontario, Manitoba and the Northwest Territories

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DEVELOPING LEADERS IN ENERGY

Elves set to take over Neptune for the holidays

Xmas. Popular movie-turned-musical expected to be big-draw



HALEY RYAN
haley.ryan@metronews.ca

Mark Uhre has some big (pointed) shoes to fill.

The 32-year-old actor will make his Neptune Theatre debut Friday night for the premiere of *ELF: The Musical*.

"It's a little scary," Uhre said about playing Buddy, the role made famous by Will Ferrell in the popular Christmas movie *Elf*.

"Going into it completely copying Will Ferrell is impossible, so we're making it our own."

The play follows Buddy, a young orphan who is raised by Santa Claus after he accidentally crawls into his bag of toys and is taken back to the North Pole.

He later goes to New York City in order to find his true

identity and bring holiday cheer to the city.

"It is different from the film, absolutely," Uhre said of the musical. "I think that the music completely enhances the story."

Original numbers will be played each night by local artists, and Uhre said people will be surprised by how great the music is.

"It's fun, it's different, it's not like watching a movie."

He added everyone can learn something from Buddy because he's so innocent and positive, and reminds people of what it's like to be a kid.

"There's nothing better than a Christmas show," Uhre said, "No matter what religious background you have, coming together at this time of year is really important."

And while some might be tempted to stay in and watch the movie version, Uhre said you'll be missing out.

"Coming out and laughing with groups of people, it's intoxicating and it's uplifting," he said. "Throw a DVD on at home another day."



Buddy the Elf (Mark Uhre) dances with elves in Neptune Theatres production of *ELF: The Musical*. The show premieres Friday and runs through Jan. 6. Visit neptunetheatre.com for tickets and showtimes. JEFF HARPER/METRO



Dave Wilson METRO FILE

Online health records system to be tested

The province has announced plans for a two-year pilot project that will enable 3,000 people to manage their health records online.

The project will start early next year for some patients in the Capital District Health Authority.

The online service will pro-

vide them with access to medical information, test results and schedules for booking checkups.

The system is called RelayHealth, a secure, online personal health-record service developed by McKesson Canada.

Company spokesman Dale

Weil says the system has been in use for 13 years internationally with more than 20 million patients already online.

Health and Wellness Minister David Wilson says the system will help patients become more engaged in their care. **THE CANADIAN PRESS**

\$1M. Truro a step closer to new justice centre

The province is investing \$1 million to be used to select a site and begin design work for the proposed new Truro Justice Centre.

The funding was announced Tuesday as part of a \$23 million commitment to invest in

justice-system upgrades around the province.

Other funding includes \$6 million in upgrades to the Law Courts in Halifax and \$15 million towards the construction of a new correctional facility.

TRURO DAILY NEWS

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Justice

No more hair-removal treatments for transgender inmate: Judge

A U.S. judge says he won't order more hair-removal treatments for a transgender inmate who won a court order for taxpayer-funded sex change surgery.

The Massachusetts judge also ruled Tuesday that the gender reassignment surgery he ordered for Michelle Kosilek in September will be on hold until the state appeals his ruling.

Kosilek, convicted in the 1990 murder of wife Cheryl Kosilek, was born male but has received hormone treatments and now lives as a woman in an all-male prison.

THE ASSOCIATED PRESS

Mourning

Russian woman keeps husband's body in apartment with her five children

Russian authorities say a woman with five children kept her husband's body in their apartment for almost three years after his death.

Prosecutors in the central Yaroslavl region said the unidentified woman, described as a devout Pentecostal Christian with a psychiatric record, was so distraught when her husband died of natural causes in 2009 that she believed he "was bound to resurrect."

An investigation was opened after the body was found in a dumpster in a plastic bag in July.

THE ASSOCIATED PRESS



In this January 2011 photo, Elmo puppeteer Kevin Clash poses with the Sesame Street muppet in the Fender Music Lodge during the 2011 Sundance Film Festival in Park City, Utah. VICTORIA WILL/THE ASSOCIATED PRESS FILE

Elmo puppeteer resigns amid sex allegations

Kevin Clash. The man who created the iconic red furry puppet steps down as new underage-sex accusations surface

Quote

"Elmo is bigger than any one person."

Sesame Workshop statement

Last week the company said Elmo is not defined by one person and others have been trained as Clash's stand-in. It remains unclear who will take over the role now.

Elmo puppeteer Kevin Clash resigned from Sesame Street on Tuesday amid allegations he sexually abused underage boys, bringing an end to a 28-year career in which he turned the furry red monster into one of the most beloved — and lucrative — characters on TV and in toy stores.

"Personal matters have diverted attention away from the important work Sesame Street is doing and I cannot allow it to go on any longer," the 52-year-old performer said in a statement.

"I am deeply sorry to be leaving and am looking forward to resolving these personal matters privately."

His departure came as a 24-year-old college student, Cecil Singleton, sued Clash for more than \$5 million Tuesday, accusing the actor of engaging in sexual behavior with him when he was 15. Singleton charged that Clash made a habit of trolling gay chat lines for underage boys and meeting them for sex.

It was the second such allegation in just over a week. On Nov. 12, a man in his 20s said he had sex with Clash at age 16. A day later, though, the young man recanted, saying their relationship was adult and consensual.

THE ASSOCIATED PRESS

U of T. Gene predicts time of death

It appears the Grim Reaper has a schedule to keep.

A team of scientists led by a University of Toronto neurology professor says it has discovered a gene mutation that determines the time of day a person is most likely to die.

"It's just kind of spooky. I just couldn't believe it," said co-author and Harvard University professor Dr. Clifford Saper.

The study, led by University of Toronto professor Dr. Andrew Lim and published in the November edition of *Annals of Neurology*, emerged from research into seniors' sleep-wake cycles.

Analyzing 1,200 people who had enrolled in another study as healthy 65-year-olds about 15 years earlier, the researchers set out to investigate why seniors have trouble sleeping and whether they could identify signs of oncoming Parkinson's or Alzheimer's disease.

But the study changed tack when Lim discovered a link

between sleep patterns and variations in "Period 1," the gene that plays a major role in the internal biological — or circadian — clock.

The team found that people who report waking early in the morning (before 7 a.m.) are more likely to have an adenine (A-A) nucleotide base. Late-risers, on the other hand, are more likely to have a guanine (G-G) nucleotide base. Those who wake up somewhere in the middle have both (A-G).

Having made the link, Lim then wondered whether the mutation played a role in death, so he went back to the database and cross-compared times of death and DNA from those who had passed away. Like sleep, he discovered a circadian rhythm of death.

Barring accidental causes, early risers (A-A's and A-G's) are more likely to die at around 11 a.m., while late risers (G-G's) will more likely hold out until around 6 p.m.

"It is a bit disconcerting that something as fundamental as the time one is likely to die can be influenced by a simple gene variant," said Lim in an email, adding that 17 per cent of people with the G-G variation died an average of six hours later than others.

TORSTAR NEWS SERVICE



Looters put on notice

Shines restaurant leaves a warning for looters on Tuesday in Long Beach, N.Y. More than three weeks after Superstorm Sandy hit the New York area, residents continue their restoration efforts in many affected areas on Long Island. BRUCE BENNETT/GETTY IMAGES

Sweden

Woman charged with necrophilia

A woman in Sweden has been accused of necrophilia after investigators found some 100 skeleton parts in her apartment.

The Swedish news agency TT cites prosecutor Kristina Ehrenborg-Staffas as saying that the 37-year-old woman is suspected of using the remains, which included six skulls and one backbone, in "sexual situations."

The woman, from southwestern Sweden, was charged "with violating the peace of the deceased" in Goteborg District Court on Tuesday.

The TT agency reports



This is an undated handout photo showing a human skull in a bed in Sweden. SCANPIX SWEDEN/SWEDISH POLICE/THE ASSOCIATED PRESS

that police also found a CD titled *My Necrophilia* as well as photographs in which a woman is seen kissing and hugging the skulls. The woman has denied the charges, claiming she collected the bones out of historical interest. THE ASSOCIATED PRESS

McAfee hiding, blogging

Software company founder John McAfee says he's hiding in plain sight, wearing a disguise as he watches police and reporters stake out his home — and blogging about it all.

In the latest twist in the highly-publicized case, McAfee has started his own blog, in which he describes life on the lam after police in Belize called him a "person of interest" in the slaying of fellow American Gregory Viant Faull and asked him to turn himself in for questioning.

In phone interviews with The Associated Press, McAfee has never said where he's hiding. But in his blog this week,

he claims to have disguised himself as a grungy street peddler and a foul-mouthed German tourist, and claims he approached an Associated Press reporter outside his staked-out home on the Caribbean island of Ambergris Caye, and almost sold the reporter a wood carving.

It's hard to separate fact from fiction in the whole account, but one thing is clear — seldom has there been more detailed coverage of someone on the lam since O.J. Simpson led police on a low-speed chase in 1994, and much of that detail is being provided by McAfee himself.

THE ASSOCIATED PRESS



This photo shows John McAfee in Belize this month. THE ASSOCIATED PRESS

Outrage over arrests for Facebook post

Mumbai funeral.

Arrests seen as move by police to prevent violence by supporters of Hindu politician

As India's financial capital shut down for the weekend funeral of a powerful politician linked to waves of mob violence, a woman posted on Facebook that the closures in

Mumbai were "due to fear, not due to respect." A friend of hers hit the "like" button.

For that, both women were arrested Sunday on charges of creating enmity and hatred and were released on bail.

Analysts and the media are slamming the Maharashtra state government for what they said was a flagrant misuse of the law and an attempt to curb freedom of expression.

The women withdrew the comment and apologized, but angry supporters of Bal Thackeray — a powerful Hindu fundamentalist politician who died Saturday — stormed an orthopedic clinic run by the uncle of one woman, destroying its operating rooms and much of its equipment. Nurses and patients fled but no one was hurt.

Shaheen Dhada, the 21-year-old who posted the comment appeared on tele-

vision Tuesday, her face covered by a scarf so that only her eyes were visible.

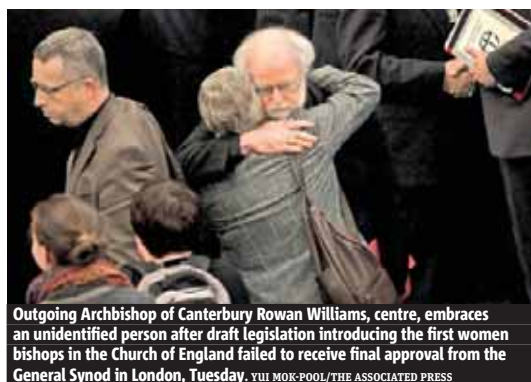
Clearly terrified, Dhada told NDTV television she would never again make comments on a social networking site. Both women said they have deactivated their Facebook accounts.

Analysts say it was a sense of fear that kept millions of people off the streets of the bustling city on Sunday.

THE ASSOCIATED PRESS



Shaheen Dhada, left, and Renu Srinivas, leave court in Mumbai Tuesday. The women were arrested for posting on Facebook that closures for the funeral of a fundamentalist leader were due to fear, not respect. THE ASSOCIATED PRESS



Outgoing Archbishop of Canterbury Rowan Williams, centre, embraces an unidentified person after draft legislation introducing the first women bishops in the Church of England failed to receive final approval from the General Synod in London, Tuesday. YUI MOK-POOL/THE ASSOCIATED PRESS

Church of England. Move narrowly blocked to approve female bishops

The Church of England's governing body on Tuesday narrowly blocked a move to permit women to serve as bishops, leaving the church facing more years of contentious debate.

Following a daylong debate, opponents mustered enough support to deny the necessary two-thirds majority among lay members of the General Synod, with backers falling six votes short of passage.

The defeat was a setback for Archbishop of Canterbury Rowan Williams, who retires

at the end of December, and his successor, Bishop Justin Welby. Both had strongly endorsed a proposed compromise that they had hoped would end decades of debate on the issue in the church, which has around 80 million members worldwide.

Passage of legislation to allow women to serve as bishops must be approved by two-thirds majorities in the synod's three houses: bishops, priests and laity.

The vote was 132 in favour and 74 against.

THE ASSOCIATED PRESS

Rowdy soccer fans

Jeering mob in Turkey greets visiting players

Turkish police used pepper spray to disperse hundreds of Galatasaray soccer fans who gathered at Istanbul's main airport to jeer Manchester United players on their arrival for Tuesday's Champions League game.

The fans lit firecrackers and flares, and battered doors of Ataturk Airport's arrival terminal late Monday, prompting riot police to use pepper spray. Manchester United players left the building through another exit.

THE ASSOCIATED PRESS

Abortion death probe

Ireland makes a U-turn, drops 3 docs from panel

The Irish government removed three doctors Tuesday from a seven-member panel investigating the death of Savita Halappanavar, a 31-year-old Indian dentist, who died in an Irish hospital Oct. 28 after being denied an abortion.

The U-turn came hours after her husband, Praveen Halappanavar, said he would refuse to co-operate because three of the hospital's senior doctors had been appointed as investigators.

THE ASSOCIATED PRESS

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On the brink of peace?

Midnight tension.

Talks on a Gaza ceasefire drag on amid optimism — but Israel and Hamas trade blistering blows

Israel and Hamas edged closer to a ceasefire late Tuesday night.

But after a day of furious diplomatic efforts involving the U.S. secretary of state, the United Nations chief and Egypt's president, a deal remained elusive.

Meanwhile, fighting raged on both sides of the border.

Israeli tanks and gunboats

pummelled targets in Gaza in what appeared to be a last-minute burst of fire, while at least 200 rockets were fired into Israel.

As talks dragged on near midnight, UN ambassadors announced the Security Council will hold an open debate on the Gaza crisis Wednesday afternoon if a ceasefire is not called before then.

Earlier in the day, optimism was rampant.

Egypt's President Mohamed Morsi predicted Israeli airstrikes would soon end.

And Israeli Prime Minister Benjamin Netanyahu said his country would be a "willing partner" to a ceasefire with Hamas, the Islamic militant group.

A top Hamas official, too, said a pact was close — even as the relentless airstrikes and rocket attacks continued.

Israel demands an end to rocket fire from Gaza, and a halt to weapons smuggling into Gaza through tunnels under the border with Egypt.

Hamas wants the Israelis to halt all their attacks on Gaza and lift the crippling restrictions on trade and movement in and out of the territory.

THE ASSOCIATED PRESS

Death toll mounts

The toll in the week-old Gaza campaign:

- **Palestinians.** More than 130 Palestinians, both militants and civilians, have been killed in Gaza.
- **Israelis.** Four Israeli civilians and one soldier have been killed.



Their young world collapses: Children stand in the rubble left after an Israeli strike on a house in Gaza City on Tuesday. HATEM MOUSSA/THE ASSOCIATED PRESS

Curbside justice

Suspected traitors shot on street

Masked gunmen publicly shot dead six suspected collaborators with Israel at a large Gaza City intersection Tuesday, witnesses said.

An Associated Press reporter saw a mob surrounding five of the bloodied corpses shortly after the killing.

Some in the crowd stomped and spat on the bodies.

A sixth corpse was tied to a motorcycle and dragged through the streets as the crowd of people screamed, "Spy! Spy!"

The Hamas military wing, Izzedine al-Qassam, claimed responsibility in a large handwritten note attached to a nearby electricity pole.

Hamas said the six were killed because they gave Israel information about fighters and rocket-launching sites. Hamas did not provide any proof of the alleged collaboration.

THE ASSOCIATED PRESS

2011 sets a record

A boom year for carbon dioxide

Carbon dioxide reached a record-high level in the air in 2011, the United Nations weather agency said Tuesday.

Concentrations of the heat-trapping pollutant in the atmosphere averaged 390 parts per million during the year. That is up 40 per cent from before the Industrial Age, the World Meteorological Organization said.

THE ASSOCIATED PRESS

Troops on move

France pulls out of Afghanistan

France on Tuesday ended its combat operations in Afghanistan, pulling hundreds of troops from a base in a volatile region northeast of Kabul and fulfilling promises to end its combat role on a faster track than other NATO allies.

After a handover ceremony with Afghan troops, 500 French combat soldiers in trucks and armoured vehicles left the Nijrab base in the Kapisa region and travelled southwest to Kabul, the capital, said a French military spokesperson.

THE ASSOCIATED PRESS

Bye bye, Blighty? EU gets the jitters over possible pullout by fed-up Britain

Goodbye, Britain?

For the European Union, a once-unthinkable question is looking more like a real possibility with each new grinding week of economic crisis.

Bad times are forcing the 17 EU nations that use the euro currency to move ever closer toward some kind of United States of Europe — one that could make decisions about how much member countries spend and how much tax they collect.

And that's a nightmare for Britain.

The British public shows no interest in moving closer to the rest of Europe, and most can't even seem to stomach the status quo.

After a 2015 election, Britain — among 10 of the 27 EU nations that don't use the euro — is likely to hold a referendum on whether to leave the EU.

Even if it doesn't hold a vote, the country is already unpicking its ties with Europe, a movement that has unsettled Germany, which is eager to retain the U.K. as an important economic driver of the bloc.

"I will ask the inhabitants of the wonderful island to reflect that they will not be happy if they are alone in this world," German Chancellor Angela Merkel said in a speech in London last week.

THE ASSOCIATED PRESS

Storm clouds

The prospect of a U.K. exit from the EU alarms some British leaders who see the bloc's free market as vital to their nation's prosperity.

- **Against.** Former prime minister Tony Blair has urged Britain not to pull away, but to help build a new structure to improve Europe. "It's a very tricky task," he says. "But it's an essential one if the U.K. is

not to be sidelined."

- **Also against.** Peter Mandelson, the former European Union trade commissioner, warns that going it alone would mean a waning influence for the U.K. on the global stage. Britain, he says, soon could be a "Hong Kong to Europe's China or a Canada to Europe's United States."

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Nova Scotia

Saskatchewan. Province loosens liquor laws but won't go the full monty

Saskatchewan is offering new liquor laws that peel back a long-held prohibition against bars serving booze at stripteases, but the rules stop short of the full monty.

The province announced more than 70 new liquor regulations Tuesday, including the move to allow alcohol to be served at striptease performances and wet clothing contests. But it won't allow full-frontal nudity and the sale of liquor to be mixed.

"Prohibition against full nudity is still going to be enforced in Saskatchewan, but we will allow some stripping,

exotic dancing-type without full nudity in the province," said Donna Harpauer, minister responsible for the Saskatchewan Liquor and Gaming Authority.

Saskatchewan is the only province that doesn't allow stripping and alcohol sales.

Harpauer said the new rule brings Saskatchewan in line with New Brunswick, where genitals must be covered for men and women and women must have some coverage of their breasts. Decorative nipple coverings, commonly known as pasties, are allowed under Saskatchewan's new rules.

THE CANADIAN PRESS



Lascivious legs and liquor have had a divided history in Saskatchewan, but new laws will allow the sale of alcohol alongside stripteases. GETTY IMAGES

Canucks favour relaxed pot laws

Puff popularity. New poll suggests that only a very small minority want tougher rules

A new poll shows a clear majority of Canadians support loosening the country's marijuana laws, a stance that seems to be starkly out of sync with the federal government's current pot policy.

According to the poll, released Tuesday by Toronto's Forum Research, 65 per cent of Canadians favour either the legalization and taxation of the drug or decriminalizing it in small amounts.

"Very few want the law to be as it is," said Forum president Lorne Bozinoff, pointing out that 17 per cent believe Canada's current pot laws should remain, while 15 per cent want tougher rules.

"Public opinion has been

ahead of government on this issue for a while."

Under the Conservatives, Ottawa has veered toward harsher penalties for marijuana, increasing potential prison time and imposing mandatory jail sentences for growing six or more weed plants.

These strategies have drawn criticism from scientists and organizations such as the Brazil-based Global Commission on Drug Policy, which in March called them "destructive, expensive and ineffective."

Recent developments in the U.S., where marijuana was legalized in Colorado and Washington State in election-day plebiscites, have brought attention to the issue in Canada.

"I think (the Conservatives) have a morally based belief model, which is not based on evidence," said Richard Mathias, a professor of public health at the University of Brit-



Legalization in Colorado and Washington State has prompted a surge in the decades-old debate over marijuana laws. ED ANDRIESKI/THE ASSOCIATED PRESS

ish Columbia. "It is paternalism in the extreme."

Last week, Liberal leadership candidate Justin Trudeau came out in favour of decriminalization, while leaving the door open to legalization, should he ever come to power.

Tom Stamatakis, president of the Canadian Police Associa-

tion, said the public is too hasty to favour relaxing weed laws.

"We don't have the tools and the training available to us now to ensure that people aren't driving cars, for example, or operating machinery, while they're impaired by marijuana," he said.

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PM's associates. Bribery charges laid against key players in U.K. media scandal

Two former confidants of Britain's prime minister have been charged with conspiring to pay public officials in exchange for stories and information — the latest development in the country's establishment-shaking scandal over media malfeasance.

Britain's Crown Prosecution Services said former tabloid editors Andy Coulson and Rebekah Brooks were among five people being charged with conspiracy to commit misconduct in public office. Prosecutors said Brooks, a neighbour, close friend, and political ally of Prime Minister David Cameron, conspired with journalist John Kay to funnel as much as \$160,000 to a Ministry of Defence employee in return for a stream of stories that were published in Rupert Murdoch's The Sun newspaper.

The prosecutors alleged Coulson, who until last year served as Cameron's top press aide, conspired with journalist Clive Goodman to pay officials for access to a royal phone directory known as the Green Book. **THE ASSOCIATED PRESS**

Rogue UBS trader gets 7-year sentence

London trial. 'There is a strong streak of the gambler in you,' judge tells man who lost \$2.2B

A rogue trader who lost \$2.2 billion US in bad deals at Swiss bank UBS was sentenced to seven years in prison Tuesday after being convicted in what prosecutors called the biggest fraud case in U.K. banking history.

Ghanaian-born Kwaku Adoboli, 32, exceeded his trading limits and failed to cover his losses, allegedly faking records to hide his tracks at the bank's London office. At one point, Adoboli risked running losses of up to \$12 billion US.

"There is a strong streak of the gambler in you," Judge Brian Keith told Adoboli. "You were arrogant to think the bank's rules for traders did not apply to you."

Adoboli wiped away tears as Keith handed down his sentence.

A conviction for fraud carries a maximum jail term of 10 years. The 10-person jury



Kwaku Adoboli arrives at Southwark Crown Court in London on Nov. 15. On Tuesday, the former UBS trader was found guilty of two counts of fraud.

KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

at Southwark Crown Court in London found Adoboli guilty of two counts of fraud and innocent of four other false accounting charges.

Adoboli ran into trouble dealing in exchange-traded funds, complex financial products that track stocks, bonds and commodities. Adoboli admitted the losses, but said

he was pressured by staff to take risks. He also testified last month that he had been trying to help UBS survive after it amassed losses of \$52 billion during the 2007-2008 global financial crisis.

"There were times we thought there was no way the organization would survive," said Adoboli, who joined UBS as a trainee in 2003 and rose quickly to become a senior trader. "I grew up with UBS. I felt very loyal to UBS."

Det. Chief Insp. Perry Stokes of City of London Police, who led the investigation of Adoboli, had a different view, believing the trader's motive was "to increase his bonus, his status, his job prospects and his ego."

"Adoboli was a sophisticated fraudster," Stokes said. "He was one of the most accomplished fraudsters that I've seen in my time investigating serious fraud."

After questions were raised about his trading, Adoboli walked off the job and sent an email to colleagues saying what he had done.

THE ASSOCIATED PRESS

Air travel

WestJet customers may get mobile entertainment

WestJet Airlines plans to test a new entertainment system next year that will allow passengers to use their tablets, computers and smart phones to access in-flight television and connect to the Internet, CEO Gregg Saretsky said Tuesday.

THE CANADIAN PRESS

Sponsorship

Hockeyville program is latest lockout casualty

Kraft Canada cancelled its popular Hockeyville program Tuesday, a victim of the protracted National Hockey League lockout that is seeing sponsors as well as fans grow weary.

Kraft said it would give \$1 million to Hockey Canada affiliated minor hockey associations instead of the annual competition that rewards Canadian communities for their involvement in their local arenas.

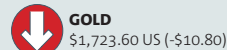
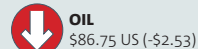
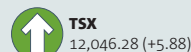
THE CANADIAN PRESS

Research in Motion

Analyst gives BB10 better odds

Prominent tech analyst Peter Misek of New York-based Jefferies & Company is giving Research In Motion's new BlackBerry 10 operating system an improved chance of success in the competitive smartphone market when it launches in early 2013. He now says the system has a 20 per cent to 30 per cent probability of success. **THE CANADIAN PRESS**

Market Minute



Natural gas: \$3.84 US (+12¢)
Dow Jones: 12,788.51 (-7.45)

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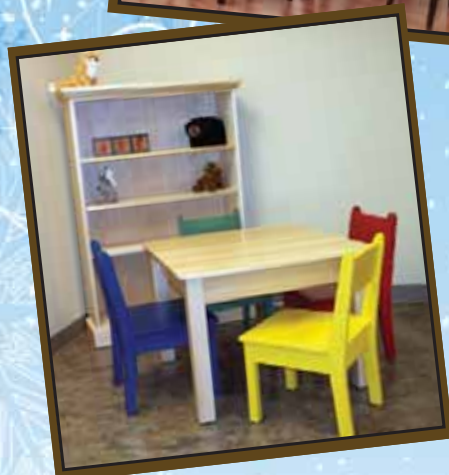
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ON THE ORIGIN OF MIDLIFE CRISES



JUST SAYIN'
Paul Sullivan
metronews.ca

There's more evidence to prove that homo sapiens is descended from apes.

According to a study involving 500 great apes published in the, ahem, Proceedings of the National Academy of Sciences, chimpanzees and orangutans experience a midlife crisis, just like us.

It's just more difficult to tell, as an ape with angst is unlikely to purchase a Porsche.

I knew it was hereditary! For all we know, it's as universal as life itself: Birds do it, bees do it, even educated fleas ... if you're alive, you know the exact moment when you're over the hill.

Monkey business

Realizing you're over the hill by 35 is not great news if you live in a zoo, because you can expect to live to 50. That's at least 15 years of same old, same old: monkey chow three times a day, children banging on the glass while their parents take flash photos, and Bonzo over there trying to horn in on your harem.

For humans, it's traditionally 45-55. Chimps turn into chumps around 27 or 28 and orangutans get the memo at about 35.

That's not great news if you live in a zoo, because you can expect to live to 50. That's at least 15 years of same old, same old: monkey chow three times a day, children banging on the glass while their parents take flash photos, and Bonzo over there trying to horn in on your harem.

Of course, this could be more of a comment on the apes' handlers than on the apes themselves, as they were asked to fill out the forms documenting the general mood of their apes,

the joy their charges gained from socializing and how would they feel if they had to be an ape for a week.

After a very bad day of putting up with banana breath and monkeyshines, it's only human for a handler to project his or her feelings on the nearest living being, even if said being is more interested in another banana than anything else.

Whatever, the good news is that it gets better.

Just when Bonzo's grinning mug makes Cheetah want to throw his feces, he begins to realize that three squares ain't so bad. After all, he could still be stuck in some jungle in Botswana, dodging lions and poachers, using a stick to root for termites.

This is roughly analogous to the process of acceptance in humans.

If we survive our midlife crises without pitching our feces around the office or getting caught surfing NSFW on the Internet, we can look forward to increasing happiness that reaches its peak around 70.

Of course, there are good reasons old guys are happy. They get there early before the lineups. Plus they get the seniors' discount.

The bottom line: If you're feeling like the pack has passed you by, it has less to do with your sorry circumstances and more to do with your hormonal imbalance.

Just hang on.

Primate Prime Time is about to begin.



I'm not monkeying around — apes experience a midlife crisis, too. IAN WALDIE/GETTY IMAGES

Royals' site causes security concerns



SAC FAYE STORER/MOD/WWW.DUKEANDDUCHESSOFCAMBRIDGE.ORG/THE ASSOCIATED PRESS

Tea-d off

Duke and duchess revamp website

This is an undated handout photo issued by the Duke and Duchess of Cambridge's website on Tuesday of Britain's Prince William making a cup of tea while working as a helicopter search-and-rescue pilot at RAF Valley on Anglesey, Wales.

Many of the exclusive pictures that gave an insight into the life of the flight lieutenant in Wales at his day job pilot had to be taken down hours after they were posted due to security concerns.

The pictures offered a rare look into the typical day in the life for Prince William in his work flying RAF Sea King helicopters from their base at RAF Valley on Anglesey, north Wales — from planning and preparing for any emergency callout to resting with his colleagues during downtime.

But the images also included unclassified user names, passwords and computer screens. Britain's Ministry of Defence said in a statement Tuesday that passwords and user names were reset as a precaution and that the photos were reissued.

THE ASSOCIATED PRESS

Shift work

24 hrs

The latest post on the website detailed Prince William's typical schedule of a 24-hour shift as a pilot.

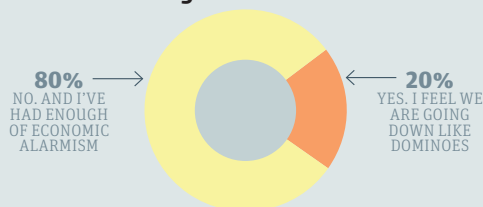
When duty doesn't call

- The site reveals that Call of Duty is a favourite among Prince Will and his friends.
- On Wednesday even more photos will be posted — this time by the Duchess — of the trip she and Will took to Asia in September.
- Will's current tour will end by fall 2013, and at that time he is set to decide if he wants to stay on for a few more years.



Register at metropolitanpanel.ca and take the quick poll

Are you afraid Canada could fall off the "fiscal cliff" along with the U.S.?



Twitter

@patricetheace:

I miss the #nspoli and #HRMpoli tweets from Metro Halifax's ace @alexboutillier #hopeyourehavingfun at @MetroOttawa #keepupthegreatwork

@AnthonyMartinNS:

Is Gloria McCrusty calling Mayor Savage, "Your Worship" to be snotty? Or just old habits die hard. #didntcallherahabit #halifax

@robertsnell:

I wonder, Out of all the people that oppose development in downtown Halifax, how many actually live downtown & would have to live with it?

@ATLCanadaRocks:

As a recap for those that didn't get it yesterday, Mötley Crüe is rumoured for April in Halifax and St. John's. announced by Christ-mas.



The long awaited screen adaptation of The Life of Pi finally arrives in theatres this weekend. HANDOUT

Ocean's raw power inspires, creates cinematic awe in Pi

New release. Life of Pi joins a long list of films who have used the beauty and the beast of the blue as a wild backdrop



IN FOCUS
Richard Crouse
scene@metronews.ca

Joseph Conrad wrote of the ocean's awesome power: "The sea has never been friendly to man."

Less eloquent is this quote from Beauty Queens by Libba Bray: "You can't believe how bleeding scary the sea is! There's, like, whales and

storms and s—t!"

Not to mention killer whales, giant waves and even H-bomb mutated giant octopuses!

The ocean and its power has been challenging cinematic sailors for decades.

From the early screen adaptations of Moby Dick to the crazy sea monsters of 1950s B-movies to this weekend's The Life of Pi, based on the megahit novel by Yann Martel, the ocean has provided a wet and wild backdrop for Hollywood.

Pi's story of a boy set adrift on the ocean in a lifeboat with only a tiger for a companion is a coming-of-age story that uses the sea as a metaphor. Most films are more literal.

The giant wave that capsizes the ship in The Poseidon

Adventure was no metaphor, it was a terrifying display of the ocean's power, even if it was filmed using a 21 foot 6 inch long miniature ship in a 300 by 350 foot water tank on a Hollywood stage.

Filmmakers have often looked to sea creatures for inspiration. Everything from LOTR: Fellowship of the Ring to Sharktopus features fantasy monsters unleashed by the deep. One of the best-known B-movies of the 1950s is It Came From Beneath the Sea, the story of a giant octopus awakened by the radiation from H-bomb tests.

The film was so low budget, special effects wizard Ray Harryhausen cut corners by building his octopus model with six rather than the usual eight tentacles. To

cover his cheat, he posed the creature so viewers couldn't count the arms.

Finally, Orca, the best known of the killer whale movies, shows a much more real threat.

Or does it?

The joke is that killer whales aren't all that dangerous — to humans anyway.

"There has never been a substantiated case of an orca killing a man," wrote Outside magazine's Tim Cahill, "despite the 1977 movie Orca, in which a killer whale seeks revenge on Richard Harris by eating all his co-stars. The movie was so silly, unscientific and unbelievable that one critic suggested Harris fight a duel to the death with his agent for getting him the role."

Life of Pi

Life of Pi is a fantasy adventure novel by Yann Martel published in 2001.

- **Background.** The main character, Piscine Molitor "Pi" Patel, a young Indian boy, explores issues of spirituality and practicality.

- **Awards.** The book was chosen for CBC Radio's Canada Reads 2003. The year before, it won the Man Booker Prize for Fiction. Martel was only the third Canadian to ever win the literary legends nod. It dates back to 1969.

2 SCENE

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Reviews



Red Dawn

Starring. Chris Hemsworth, Adrienne Palicki

Director. Dan Bradley

The original Red Dawn was such a product of the Cold War paranoia that remaking it seems doomed for failure. Spokane, Wash., is the target of an invasion that leaves a group of students in the surrounding hills launching guerilla-style assaults. A cyber weapon knocks out communications, ensuring that nothing modern is going to creep into this do-over that follows the original's plot points to a T. The cast are likeable and some of the action sequences are thrilling. But changing the invaders from Chinese to North Korean in post-production leaves gaps in the story and does little to boost the inanity of the plot. **IAN GORMELY**

Reviews



Life Of Pi

Starring. Suraj Sharma

Director. Ang Lee

Based on Yann Martel's megahit 2001 novel, Life of Pi stars Suraj Sharma as Pi Patel, a 16-year-old boy set adrift on a lifeboat after the freighter his family was taking from India to a new life in Canada sinks. His companion is Richard Parker, a Bengal tiger, and refugee from the Patel family zoo. The metaphorical and introspective story is complimented by many startlingly beautiful images and a spiritual undertow. Despite drifting off course from time to time with some ill advised magic realism and some repetition, Lee for the most part steers the story into safe, comforting waters. **IAN GORMELY**

Reviews



Rise of the Guardians

Starring. Alec Baldwin, Hugh Jackman

Director. Peter Ramsey

A wacky adventure that casts legendary characters like Santa Claus and the Easter Bunny in some sort of superhero squad, Rise of the Guardians may be kitschy, but the storyline never quite gels amidst its frenetic, plentiful 3D-action.

While the tale of these icons defending the innocence of adolescents from the Bogeyperson seems earnest enough, the film feels like a forced renovation on famous folklore for today's toddlers.

STEVE GOW

Reviews



The Silver Linings Playbook

Starring. Bradley Cooper, Jennifer Lawrence

Director. David O. Russell

Like his previous The Fighter, The Silver Linings Playbook is a conventional genre film (in this case a rom-com) pumped up with shrill, melodramatic acting. The goal is to win Oscars, and while Jennifer Lawrence may get there for her manic-depressive-pixie-dream girl, Bradley Cooper — as the bipolar object of her affections — is out of his depth. The film's mixture of screaming hyper-realism and trite narrative contrivances does grow slightly more palatable as it goes along, but the overall effect is still unappetizing. **STEVE GOW**

Halifax

Imax

Life of Pi (STC) Dolby Stereo Digital, Stadium Seating Wed-Thu 12:05
Life of Pi 3D (STC) Dolby Stereo Digital, Stadium Seating Wed-Thu 3:05-7:10-10
Red Dawn (STC) Dolby Stereo Digital, Stadium Seating Wed-Thu 1:45-4:35-8-10:15
Rise of the Guardians (STC) Dolby Stereo Digital, Stadium Seating Wed-Thu 1:20-4:05-6:55-9:25
Rise of the Guardians 3D (STC) Dolby Stereo Digital, Stadium Seating Wed-Thu 12:50-3:50-6:45-9:50

Park Lane

Life of Pi (STC) Dolby Stereo Digital, Stadium Seating Wed-Thu 3:20
Life of Pi 3D (STC) Dolby Stereo Digital, Stadium Seating Wed-Thu 6:40-9:35
Red Dawn (STC) Dolby Stereo Digital, Stadium Seating Wed-Thu 3:35-6:50-9:45
Rise of the Guardians (STC) Dolby Stereo Digital, Stadium Seating Wed-Thu 3:45
Rise of the Guardians 3D (STC) Dolby Stereo Digital, Stadium Seating Wed-Thu 7:15-10

Lower Sackville

Lower Sackville

Life of Pi 3D (STC) Dolby Stereo, Stadium Seating Wed-Thu 6:40-9
Red Dawn (STC) Stadium Seating, Dolby Stereo Digital Wed-Thu 7:15-9:40
Rise of the Guardians 3D (STC) Dolby Stereo, Stadium Seating Wed-Thu 6:25-9:30

Dartmouth

Dartmouth Crossing

Life of Pi (STC) Dolby Stereo, Stadium Seating Wed-Thu 1
Life of Pi 3D (STC) Dolby Stereo, Stadium Seating Wed-Thu 4-7-9:45
Red Dawn (STC) Dolby Stereo, Stadium Seating Wed-Thu 1:05-4:20-6:50-10:40
Rise of the Guardians (STC) Dolby Stereo, Stadium Seating Wed-Thu 12:30
Rise of the Guardians 3D (STC) Dolby Stereo, Stadium Seating Wed-Thu 3-6:20-9

Truro

Truro

Life of Pi 3D (STC) Dolby Stereo Digital, Stadium Seating Wed-Thu 6:40-9:05
Red Dawn (STC) Digital, Dolby Stereo Digital, Stadium Seating Wed-Thu 7-9:55
Rise of the Guardians 3D (STC) Dolby Stereo Digital, Stadium Seating Wed-Thu 6:35-9:35

Bridgewater

Bridgewater

Life of Pi 3D (STC) Wed-Thu 7
Red Dawn (STC) Wed-Thu 7:30
Rise of the Guardians 3D (STC) Wed-Thu 6:50

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Furtado says farewell to 2012 with New Year's Eve bash

Niagara Falls. Canadian singer talks latest album while reflecting on the past year

ANNE BRODIE
scene@metronews.ca

Nelly Furtado will bid 2012 farewell and ring in 2013 by headlining Entertainment Tonight Canada's fourth annual New Year's Eve bash at Niagara Falls.

The show caps a busy time for Furtado — it follows the release of her latest album, recording with David Frost

and Andre Bocelli and preparing for a Canadian tour launching in her hometown of Victoria on Jan. 8.

Congratulations on the New Year's Eve show. Why did you want to do it?

Last year, I had the pleasure of watching it on TV and I thought, "Wow, what a fun party" so I put it out there on some level, and the timing is really good with my tour with Hedley and the Dragonettes. I'm actually really excited about it.

As the headliner, you'll be onstage at midnight. Who are you going to kiss?

Well, my husband, but I don't want to do that on television, so I'll dance with wild abandon so people will forget that moment.

I'll be busy singing, but I'll be watching the other people kissing.

New Year's is time to party but also time to reflect. What are you grateful for these days?

I'm grateful to be Canadian, to live in a country with so many freedoms and liberty and peace, the ability to walk down the street and not worry about violence and I'm really grateful to be ambassador for Free the Children.

It's remarkably fulfilling for me and I meet pretty



Nelly Furtado is set to rock ET Canada's New Year's Eve at Niagara Falls on Dec. 31 at 10 p.m. on Global. GETTY IMAGES

inspiring people.

Then you're touring Canada for The Spirit Indestructible. In the dead of winter!

Isn't that funny — a Canadian tour in dead of winter? I'm a true Canadian!

I'm kind of excited to think that, it has a ring to it. Guaranteed we'll be stuck in the snow.

The Spirit Indestructible mixes musical influences and languages. It's so rich.

I think it's kind of creative rain, like what I had writing

in Spanish.

It was very fulfilling and almost like an English drought. I had nothing to say in English for two or three years and one day the rain came down and hallelujah! Lord only knows what I'll do next.

It's been a rush of adrenaline and a creative high. I'm recording a follow-up in Spanish and a follow-up in English and Spanish.

Why did you draw inspiration from looking back to your early music?

I think the best songs look backward. Think how nostalgic Tragically Hip's Phantom Power is.

It makes you feel great. Bryan Adams' Summer of 69. It's truly reliving a moment sonically and if you can do that with music, you can time travel. It's fun for the listener and the creator.

Will your nine year old daughter Nevis be at the Falls show?

Every kid loves staying up till midnight. It's one of the greatest joys of the holidays!

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Selena Gomez and Justin Bieber.
ALL PHOTOS GETTY IMAGES

Gomez and Bieber caught cuddling after AMAs

It's getting tough to keep track of where Justin Bieber and Selena Gomez are in their breaking up and making up.

After a fiery, argument-filled dinner this weekend that ended with Gomez storming off, the pair apparently reunited after the American Music Awards Sunday night to celebrate Bieber's wins, according to Us Weekly.

Gomez and Bieber hit up a private party hosted by Bieber's manager, sticking to a hidden table in the back room with plenty of security around as they snuck in a few kisses, a source reveals, adding that they were, "dancing on each other. They seemed to be in great spirits and were clearly enjoying their time together."

They reportedly left together through a back exit at around 2:30 a.m.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Wood shoots down pregnancy rumours

Newlywed Evan Rachel Wood is combatting pregnancy rumours after she was photographed this week in L.A. grabbing her stomach and wearing a baggy poncho while grocery shopping with husband Jamie Bell.

The speculation is unfounded, though, the actress insists.

"Sorry to disappoint. But no baby on the way here," Wood posted to Twitter after the photos hit gossip sites.

The pair quietly tied the knot three weeks ago.



Evan Rachel Wood

Twitter



@Rosie

Ready for my post heart attack cardio workout ... Starting not to hate it ... A huge plus



@ABFoundation

Canada is lovely. Canadians are lovely.



@EmmaBunton

I've been up so long feels like lunch time, hungry!



Ashton Kutcher

Kutcher following Kunis around on her shooting schedule

Ashton Kutcher seems to be choosing where to spend his time these days based on where rumoured girlfriend Mila Kunis is shooting a movie.

After a few months in New York, the couple has now been spotted in Rome, where Kunis is filming *The Third Person*, according to *Hollyscoop*.

They also found time for some romantic dinners out and strolling around the city hand-in-hand, doing little to keep their relationship under wraps.

The Word

Rihanna's fans (hostages) finally released from her tour

THE WORD

Katarina Matsson
scene@metronews.ca

Monday night was Ri-Ri's final show in New York, finishing off a week of mayhem at 35,000 feet. Metro has been by her side for seven crazy days.

Back up by 24 hours: Prior to Monday's show in London, Rihanna was at the Westfield Shopping mall in Stratford (built just before the Olympic Games), to set the Christmas light display ablaze. Rumour has it she got \$793,000 to show up, but there's no confirmation yet. There, Rihanna holds the closest she has gotten to a press conference.

"I love this album like it wasn't my own!" she exclaims.

After one song, she takes off in a golf cart, leaving her

Quote

"I love Rihanna but she could have played more than one song."

Vanessa Leadbitter

fans disappointed.

"I've been waiting since 12 o'clock," fan Vanessa Leadbitter says. "I love Rihanna, but she could have played more than one song!"

Fast-forward five hours and we're at the venue: The Forum in London's Kentish

Town area.

Rihanna enters on time (almost), which might have something to do with the fact that Jay-Z is livestreaming the gig. The star puts on her best performance since Stockholm, despite technical problems.

At the after-party, she's nowhere to be seen, but the backing band are pleased.

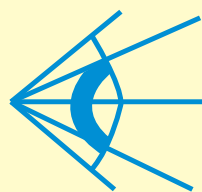
"It helps not being four hours late," one mutters.

At 3 a.m., the buses leave the hotel for the airport. A mere six hours after that, we're on the plane to N.Y.





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Is Your Child the Right Age to Wear Contact Lenses?

By: Dr. Marni Denman, Family Vision Clinic

Parents frequently ask eye care professionals if contact lenses are safe and appropriate for their children. They want to know if their child is old enough to start wearing contact lenses. More important than age is the child's maturity and ability to handle the responsibilities involved with wearing contact lenses. This involves proper storing, cleaning, and replacing of the lenses as instructed as well as learning insertion and removal techniques. Parents should ask themselves if their child has the maturity to take on these responsibilities. They should ask themselves how their child handles other responsibilities given to them, such as, keeping their room tidy, staying on top of assigned chores, and following good hygiene practices. If they can handle everyday duties well then they might make good contact lens candidates.

Children's eyes are physically able to tolerate contact lenses at a very young age and in some instances infants are fit with contact lenses for congenital reasons. As a general rule of thumb, 12 years old is a good age for most children to be fit with contact lenses, however, your child's candidacy for contact lens use will be up to your Optometrist. Parents thinking contact lenses might be a good option for their child should speak to their Optometrist about whether their child would be a good candidate for contact lens use and which type of contact lenses would best suit them.

Advances in contact lens technology have made them more comfortable than ever

and they correct a wide range of vision problems including nearsightedness, farsightedness, and astigmatism. Daily disposable contact lenses have become increasingly popular because they require very little maintenance. They are replaced after each use so your child would always be putting in a fresh pair of lenses.

Contact lenses are also great for children active in sports. Sport eyeglasses are available but can still fog up on occasion and can be cumbersome. Contact lenses move with your eye and give you unobstructed peripheral vision during competition. This can give faster reaction time during play. If fit properly, your child's vision remains stable and accurate. Wearing contact lenses can also increase a child's self-esteem. Many children don't like the way they look in glasses. Switching from glasses to contact lenses could change the way your child views their self-image which will boost their self-esteem. When children feel good about themselves, including their appearance, this affects their performance in all aspects of their lives.

For further information or to have an eye examination, you can see Dr. Marni Denman or any of her colleagues at the following Family Vision Clinic locations.

- Halifax Location:**
Park West Centre: 287 Lacewood Drive
457-2224
- Dartmouth Locations:**
Queen Square: 45 Aldemey Drive
469-8230
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3 LIFE

Disney's Magic Europe

Starting June, 2013, the Disney Magic cruise ship sails to new ports in Turkey and Italy. Disney Cruise Line partners with local tourist companies to deliver unique family oriented Port Adventures. These pre-booked excursions include activities for the whole family. The Magic will have four, seven, and 12 day sailings to the Mediterranean this summer.

STORY AND PHOTOS: KATHY BUCKWORTH
life@metronews.ca

Turkey

A scavenger hunt in St. John Basilica has guests following clues and finding treasures to help an archaeologist (actor) solve a puzzle, while touring this ancient church, home to St. John the Apostle's burial spot. The hunt continues in the ancient Roman city of Ephesus, where groups can speak with a real archeologist to learn the art of a "dig" and

look for treasure. A lunch tour features Grecian gowns for guests to wear as they eat typical Roman food, meet Cleopatra and judge an epic battle between two gladiators. Disney gives parents the opportunity to shop in Sirince, while kids are given a lesson on how to make typical glass bead bracelets or necklaces. A trip to the traditional Turkish Bath is also organized.



Rome

Every Disney Mediterranean cruise stops in Rome, and most cruisers want to hit "the big five." The Vatican (museum), St. Peter's Basilica, the Coliseum, the Pantheon and the Trevi Fountain. There are a variety of port excursions to choose for these. Other Port Adventures include the Gallerie Borghese and Teatro del Burattino. Unique to

Disney, a puppet show in English delights the kids while parents grab 45 minutes of shopping (or a quick gelato) at the nearby Spanish Steps. Kids are supervised by youth counsellors from the ship; parents are welcome to stay. An adult-only activity is offered at the ArtStudio Café to create mosaic art under the direction of one of Rome's premier artists, while enjoying wine, local cheese and cured meats.

Venice

Venice is the only overnight stop on the 12-day cruise. Developed for kids, Venetian mask making is proving to be popular for families. Guidance is provided by professional mask makers as guests paint and decorate a unique souvenir. The Canottieri Bucintoro rowing club will take guests aged 16 and over for a unique three hour

opportunity to learn how to row like a Gondolier in the waters of Venice. Participants are awarded a certificate in "voga veneta", as well as prosecco and snacks. Venice's most famous landmark, the Doge's Palace, is made available for a private tour after hours, and in true Disney style, a special reception at the end of the tour is hosted by Disney Princesses, who come ashore from the ship.



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A weekend in Mexico City

Capital. You have two days in one of the world's largest cities. We have the plan

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Mexico City is like a map of the human brain: a simmering, complex, ever-changing storehouse of history, art, fashion and food. At 923 square kilometres and 20 million people, you could spend weeks just getting acquainted, but with cheaper fares now available, it's possible to enjoy this fascinating city in shorter increments.

Saturday

A good place to start is the Museum of Anthropology, where you'll get a sense of the country's ancient culture and mythology. With jet-lag working in your favour, head over early to beat the crowds, and then wander among edifices of ancient temples, handmade gold and turquoise jewelry and the original Stone of the Sun, a.k.a.

the Aztec Calendar.

After learning what's come before, it's time to plunge into modern Mexico. Head to the Zocalo, the bustling plaza in the heart of historic downtown, and stop into the National Palace to see Diego Rivera's rustic yet biting political murals. Spend a quiet moment in the Metropolitan Cathedral before lunch at a rooftop restaurant overlooking the square — and the excavation of an ancient temple found during a dig to lay the electrical system.

After a brief siesta, cap off your day with shopping, dinner and nightlife in the hip Condesa and adjoining La Roma neighbourhoods. There, you'll find a mixture of tourist spots and local shops.

Sunday

Start your day in Coyoacan, a quaint, relaxed neighbourhood and home to Casa Azul, where artists Frida Kahlo and Diego Rivera lived from 1929 to 1954. Their passion is evident in both their lovingly preserved household and their exhibited works. But let's get real — you're there for the food.

A few blocks south of Casa Azul is the Mercado de Coyo-



The zocalo THINKSTOCK



Street food THINKSTOCK

acan: a massive indoor space where vendors sling some of the freshest (and cheap) street fare in the city. Service is friendly but dizzyingly brisk — just belly up to a table, be brave and order. Don't miss Tostadas de Coyoacan, where shrimp or fish ceviche is piled atop delicately crisp tortillas.

Continue south to the

Plaza del Coyoacan to cool your tongue with a paleta (cream- or fruit-based popsicle) or to re-energize with a cappuccino. Just off the plaza is the Mercado Artesanal, where you can shop for local crafts and freshly-blended molé powder (which, unlike the fresh paste, can be smuggled home in your carry-on).



Check out La Ciudad. THINKSTOCK



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After the party, it's the hotel lobby ... New book takes a peek at top inns

Secrets of the stay.

How to get the service staff on your side and the most out of sleeping in a bed that's not your own

GINA
ANGELOTTI

Metro World News in New York

Jacob Tomsky's hilariously irreverent memoir *Heads in Beds* chronicles the all-work, no-sleep, but never dull life-style of the young hotelier and the innermost workings of high-end hotels. "I hope to train people," Tomsky says. "Either they'll realize our struggle and be kinder or they'll be terrified of us, and they'll be kinder."

He shares five-star advice for your next check-in.

If "service is about minimizing negatives and creating the illusion of perfection,"



Start your stay off right with a generous tip for your bellman. iStock

what are some ways hotels cater to a vacationer's fantasies?

In a hotel, you essentially have servants — people who get you things, clean things

for you. Invisibility is also an element. You go out to get lunch and magically when you come back everything's perfect; there's a feeling of luxury that comes from not

seeing who's working for you. And extra amenities — lint rollers, deodorants, slippers — there are so many things hotels have to make you feel at home, but those



Jacob Tomsky, a hotelier, is the author of *Heads in Beds*. HANDOUT

aren't things you actually have at home.

How might you persuade a guest to take advantage of the hotel experience?

Make a connection with the front-desk agent or doorman and anytime you enter the lobby, they'll call you by name and ask if you need anything. Take bell service so you don't have to deal with your luggage. Indulge in movies and the minibar. (Disputing these charges) is pretty much a victimless crime, hotels pay a set rate for cable. And there are ways to avoid mark-ups. If you want room service, but it's like \$49 for a burger, call the front desk or get online: Many restaurants deliver to hotels. Call room service and say, "I'm going to eat in my room, can you send up plates and silverware?" You'll get your opulent setup — they might charge you a small fee — and then eat take-out.

What's the tipping standard for a hotel?

The rock bottom for bellmen and doormen is \$2 a bag. I also think going under \$5 is a bad idea; give \$5 to the doorman and \$10 to the bellman. It's important to have them on your side (obviously, with access to your personal items). If you're checking in and you have no cash, there is an ATM around. And not having change sounds like a horrible excuse. Some people feel weird about tipping, that's one thing I'd like to get rid of. I remember I was walking through a hotel lobby and this lady was like, "I want to thank you for what you did for me." I still have no idea who she was

and I'm pretty sure I didn't help her, but she gave me a dollar, so I said, "Thank you." That's when I knew I was a full-on hustler (laughs). It's not uncomfortable (to accept tips) for little bits of service. You look bad if you don't tip, but you don't look bad if you try to tip.

Any advice for solo travellers?

If you have a doorman (at your hotel), that guy's like the ambassador to the 20-block radius. Introduce yourself. Don't talk their ear off, the doorman's not really going to be your friend, especially during a two-night stay if you've never been there before. But he will help you find your way around. Ask questions and then tip small amounts for the information.

What are some key words guests should use to get on the good side of hotel staff?

Start sentences with "I understand." Like, "I understand that you are really busy and there are not a lot of rooms available, but if there is something ..." Just be aware that there's a huge difference between demanding and requesting. Using those words means that "I understand that I am not guaranteed what I am about to ask for."

How has "being all things to all people" affected your life outside of hotels?

I've learned to be a chameleon. Being able to read people and adapt myself to them for our mutual benefit is a life skill. There's no reason not to alter your personality just a little bit based on the person you're dealing with. That's called being polite.

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Roasted Vegetable Quiche boasts hint of indulgence

This simple, colourful quiche is jammed with seasonal vegetables and has just enough rich Gruyère to make it taste indulgent.

But the most indulgent aspect of this recipe is that it can be prepared and baked the day before your next family dinner, meaning you have one less dish to worry about on the day of.

Just pop it into a 300 F oven for 10 to 15 minutes to warm right before serving.

1. Heat the oven to 400 F.

2. In a large bowl, toss together the red pepper, red onion, sweet potato and zucchini. Add the olive oil, rosemary, salt and pepper, then stir to

Ingredients

- 1 red bell pepper, cored and diced
- 1 small red onion, diced
- 1 small sweet potato, peeled and diced
- 1 medium zucchini, diced
- 1 tbsp olive oil
- 1 tbsp minced fresh rosemary
- 1/2 tsp salt
- 1/2 tsp ground black pepper
- 1 prepared raw 9-inch pie crust
- 3/4 cup shredded cheese
- 6 eggs
- 1 cup half-and-half

Roasted Vegetable Quiche



This recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

coat. Spread the mixture on a rimmed baking sheet and roast for 30 minutes, or until the vegetables are tender and beginning to brown. Remove the vegetables from the oven.

3. Reduce the heat to 350 F.

4. If it isn't already, fit the pie crust into a pie pan, crimping the edges as needed. Place the pie shell on a baking sheet and add the roasted vegetables. Top with the cheese.

5. In a medium bowl, whisk

together the eggs and the half-and-half. Pour over the cheese and vegetables. Bake for 45 minutes, or until slightly puffed and set in the middle. Allow to cool slightly before serving.

THE ASSOCIATED PRESS

Cornbread-Stuffing Mushrooms. Attractive appetizer

1. Heat the oven to 350 F.

2. Arrange mushrooms on a rimmed baking sheet, gill sides up. Sprinkle with salt and pepper, then roast for 15 minutes.

3. In skillet over medium-high heat, melt butter. Add onion and leek and sauté until tender, 8 minutes. Add carrot, celery, thyme and rosemary and cook until tender, about 5 minutes.

Remove pan from the heat and gently fold in the cornbread.

4. When the mushrooms are done, pour any liquid that has collected on the rimmed baking sheet into the cornbread mixture. If the mixture is dry, sprinkle in a bit of vegetable broth. Gently mix. Spoon the mixture into the mushroom caps and return to the oven. Bake for 20 minutes, or until

Ingredients

- 8 large portobello mushroom caps
- Salt and ground black pepper
- 2 tbsp unsalted butter
- 1 small onion, chopped
- 1 medium leek, green and white parts, sliced
- 1 medium carrot, grated
- 1 celery stalk, finely diced
- 1 tbsp chopped thyme
- 2 tsp chopped rosemary
- 2 cups diced cornbread
- Vegetable broth, as needed

lightly browned on top.

THE ASSOCIATED PRESS

Drink of the Week

No. 11

We're not sure why it's called No. 11 but this drink combines bitters with honey and vanilla for a very unique combination.

- Dash Angostura bitters
- 1 bar spoon of honey syrup
- 2 oz vanilla bean bourbon

Stir the Angostura bitters, honey syrup and vanilla bean bourbon; strain into a glass with ice and gar-

nish with three brandied cherries.

METRO WORLD NEWS/JOHN MCCARTHY, WHITEHALL BAR AND KITCHEN IN NEW YORK



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To market, to market to land a new gig

Create your dream career. How to break into the marketing field without a business degree

JUSTINE
ABIGAIL YU
TalentEgg.ca

"You're an artsie, you're an artsie, you're an artsie overjoyed...but you'll always be an artsie and you'll never be employed!"

Or so the chant goes. This was one of the playful taunts that would be hurled at us arts students back in university.

I studied political science and sociology in my undergrad and one question I always used to get from family and friends was, "What are you gonna do with that?"

Well, let's just say I turned it into a blossoming career (modesty aside) in communications and marketing for the non-profit sector. It's not quite the traditional or linear route, but is there ever such a thing in life?

I first broke into the indus-



More than the degree, employers want to see that you can apply yourself creatively, so step up and show them something different. ISTOCK

try back in 2009 with a winning combination of great timing, determination, and good ol' fashioned hard work.

Social media (now part and parcel of marketing and communications) was just beginning to blow up in the non-profit world and I somehow nabbed myself a social media internship at an

international development organization. Since then, I've worked in communications and marketing positions with non-profits and businesses alike. So how do I do it even without the degree?

Hit the books

A lot of what I've learned has been self-taught. I hit the

books and the blogs to learn about basic marketing principles and to keep up with the latest social media trends.

It's something that I haven't stopped doing since I entered the field. In the fast-paced technological world we live in today, it's essential to keep up with the latest trends to keep your edge.

Be a Jack of all trades and a master of one

Who ever said that this had to be an either/or option? I honestly believe that in today's world, it's not enough that you just specialize in one thing and one thing alone. You've got to have a wide and diverse set of skills to thrive in this dynamic and often uncertain economy.

That's why I continually build on my skill set, learning the basics of coding and Photoshop while exploring

Dream it, be it

"Live and breathe the position you want to see yourself in and present yourself as such."

Justine Abigail Yu

new tech tools available. Trust me, there is great value in this versatility and being someone that your employers can always count on ain't a bad thing!

Leverage that arts degree

I didn't go to business school and I don't have a marketing or communications degree, but my background as an arts student has equipped me with skills absolutely vital in this field. I've leveraged the analytical, research and communication skills that

every arts student has mastered (or at least should have mastered) after four years of undergrad.

Network, network, network

When I first started, I networked like crazy. In fact, I still do and you should too. Attend industry events and connect with all kinds of professionals more experienced than you. Set up informational interviews to really immerse yourself in the field and extract as much knowledge and information from them as possible.

Market yourself

What kind of marketer or communicator would you be if you couldn't even sell yourself, right? Build your personal brand and carve a niche for yourself. Find a way to set yourself apart from the rest of the crowd. I've done that by making a home for myself on the Internet and giving an alternative to that boring old text-based resumé.

Fake it 'til you make it

The rest is what I like to call faking it 'til you make it. For a while, you'll feel like a bit of a sham working in the field without the degree or experience (I know I did!), but trust me, that stuff is overrated. Live and breathe the position you want to see yourself in and present yourself as such. Learn the ropes, work relentlessly hard, make those connections and before you know it, you've broken into the industry and are probably rocking it without even realizing it.

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THE SPIRIT SPA DIFFERENCE

Now celebrating 10 years in business, Spirit Spa has developed a reputation as a leading spa in Canada, and has been honoured with national and international awards for spa design.

“We want all of our guests to immediately feel relaxed and welcomed when they arrive at the spa,” says spa manager Jocelyn Melanson.

To help achieve this, Spirit has a team of guest service professionals to greet guests. To help round out the experience,

lattes, cappuccinos, coffee, tea and sweet treats from da Maurizio will definitely start one’s spa experience off on the right foot.

Spirit employs a talented team of senior stylists, massage therapists and estheticians, many of whom have been there since the beginning.

Owner Linda Brigley was involved in developing every aspect of Spirit. She has a vision to make Spirit a leading spa in Canada and in doing this, Spirit



has placed a strong emphasis on education and professional development. The management at Spirit Spa supports its team, which creates a stronger experience for guests.

Spirit prides itself on offering exceptional services with top of the line products. Most are Canadian lines and they also like to use organic products whenever possible.

“When you combine amazing products with our highly skilled senior team, our guests know they’re in good hands and it adds to their level of comfort,” says Melanson.

In this year’s “Best of Halifax” poll in

STAYING CONNECTED

Spirit Spa has a strong social media presence, as well as a website. If you’d like to know what’s happening at Spirit, go to spiritspa.ca, on Facebook at [facebook.com/SpiritSpaHFX](https://www.facebook.com/SpiritSpaHFX), or Twitter @SpiritSpaHFX.

The Coast, Spirit was awarded the Gold award as the Best Spa in Halifax.

“Our guests enjoy their whole spa experience, and I think they know we really value them,” says Melanson.

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‘WE ENJOY GIVING BACK TO THE COMMUNITY’

“Charitable work is one of the pillars of Spirit Spa,” says spa manager Jocelyn Melanson. “We enjoy giving back to the community.”

Currently, Spirit is hosting a toy and food drive for the families at Bryony house that will run until Dec. 20.

Spirit participates in Bust-A-Move for Breast Health and often hosts events in its downtown location to fundraise for local organizations such as the Nova Scotia Firefighters Burn Treatment Unit, as well as participating in off-site events in the community.

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ANNIVERSARY SERVICES

As part of the 10th anniversary celebrations this month, Spirit Spa is offering decadent new services.

The Chocolate and Champagne Body Bliss is a 1.5-hour full body treatment with a mimosa champagne sugar scrub, a chocolate truffle body wrap and a custom express organic facial with an eye treatment. It's a treat for your whole body!

Continuing on the luxurious theme is the Champagne and Chocolate Pedicure, a deluxe spa pedicure which includes the mimosa and champagne scrub and chocolate leg wrap with paraffin treatment.

TIPS FROM THE STUDIO

Terri Lowe, the manager of the hair studio at Spirit Spa, has an award-winning team working with her.

"The level of experience in our hair studio is second to none," she says.

"They have national and international Goldwell colour educators and every stylist in the Spirit salon is a master colourist."

Spirit Spa stylists work as a team and share their experience and expertise with one another, which leads to stronger individual stylists.

One of the exciting new developments in the hair studio is the launch of Goldwell's new colour line, Nectaya. Lowe says this colour line is fantastic for anyone with sensitivities. Ammonia free,

it covers grey and leaves one's hair soft and glossy.

The studio is already hopping for the holidays. As always, a hot trend for the season is volume, volume, volume. To help ramp up the volume, Lowe suggests using Shu Uemura Muroto Volume Conditioner with its Ample Angora volumizing mousse.

Other hot holiday hair styles Lowe and her team love are the flapper inspired faux bob, as well as ultra shiny loose waves. Continuing a trend from this summer, a side braid leading into a bun is still a popular option.

Drop into the studio and let the Spirit stylists help you get ready for your office party, a night on the town or your New Year's Eve blowout.

THE SPA'S STORY

Spirit Spa's original home was on the second floor of a beautiful old building on Barrington Street. After five years and a few renovations, Spirit moved to its current location on Salter Street.

The new complex offers numerous amenities for guests. The Harbourview patio is perfect for letting one's toes dry after a pedicure or enjoying a spa lunch between services during the warmer months. The Salter Street facility also boasts a pool and hot tub for the use of guests.

One of people's favourite features of the current location is the mani/pedi area. The staff at Spirit can offer five pedicures and three manicures at the same time in very comfortable surroundings.

"More than one guest has fallen asleep in our reclining pedicure chairs," says spa manager Jocelyn Melanson.

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SHU UEMURA
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Jonathan Drouin sits tied for 12th in league scoring despite missing six games due to a shoulder injury. JEFF HARPER/METRO

Drouin's ability shining through

Point made. Forward's talent gives Halifax two bona fide QMJHL superstars



PHILIP CROUCHER
philip.croucher@metronews.ca

If Nathan MacKinnon is Star 1 on the Halifax Mooseheads, then Jonathan Drouin is Star 1A.

As good as MacKinnon has been this season — and he's been very, very good — Drouin has been just as dominant.

Halifax is reaping the rewards of an offensive one-two punch most other teams in the Quebec Major Junior Hockey League can only dream about.

"We could see after last

season that he would be ready for this season, to be a dominant player," Mooseheads coach Dominique Ducharme said of Drouin, who, like MacKinnon, is 17. "It's always hard to predict, but we're not that surprised at how well he's been doing."

As impressive as his numbers are — 15 goals and 20 assists in 16 games — what stands out most about Drouin is the way he dominates handling the puck. Trying as they might, opposing players seem unable to get the puck away from him, and can be left standing in disbelief after watching him make a sweet pass or a beauty deke.

"He's got a really good vision. He sees what's coming to him, and what the options are, what's going to be open," Ducharme said. "The second thing he's got is enough skills

Friendly rivalry

Mooseheads coach Dominique Ducharme says Jonathan Drouin and Nathan MacKinnon have developed a friendly rivalry and push each other to be better.

- "I think Jonathan respects the way Nathan plays and his strength and everything, and same with Nathan. He is really respectful of what Jonathan can bring and what he does," Ducharme said. "They just push themselves to become better, but in a good way."

and good enough hands — really special hands — to be buying

himself even more time. That's what makes him special."

For his part, Drouin says he's happy with how his season is going and isn't surprised he's been producing the way he has.

"I know I have the ability," he said. "I'm playing my game and it's going really well. I just have to keep it up."

Helping Drouin is the chemistry between him and MacKinnon. The two have played on the same line all season and have combined for 72 points.

"They're different. Nathan is explosive and he's got speed, he's got quick hands, and a quick shot. And Jonathan has the vision and the hands," Ducharme said. "If they were exactly the same, it probably wouldn't work. It's because they're different that they play well together."

QMJHL. Mooseheads to host top 10 CHL rival

Two of the top teams in the Canadian Hockey League will be facing off on Wednesday night at the Metro Centre.

The Halifax Mooseheads, ranked No. 1, are hosting the No. 8 Baie-Comeau Drakkar at 7 p.m. in their first meeting of the season.

"It's going to be a big challenge, but I think our

guys enjoy playing in games like that," said Mooseheads head coach Dominique Ducharme. "Baie-Comeau is playing really well defensively and offensively. We'll need to be sharp early."

A big strength for Halifax this season is its offensive depth. The team has three lines that are producing, with five players already re-

cording 10 or more goals and two others sitting at nine.

"It's hard because it's kind of relentless pressure on the other team," Ducharme said of the team's offence. "When Nathan's line comes off, you've got Boudreau's line and then Andrew's line. All lines are different too, they bring something different. They have different

Two of the best

Halifax (19-2-0-1) is first in the QMJHL with 39 points, with the Drakkar (16-4-1-2) third at 35 points.

strengths. It's hard for the other teams to manage."

PHILIP CROUCHER/METRO

QMJHL

Three Moose get rated high in draft ranking

In what should be a surprise to no one, two members of the Halifax Mooseheads are ranked as the top-two NHL draft prospects amongst skaters in the QMJHL for next year's NHL draft.

NHL Central Scouting's preliminary rankings for the 2013 draft were revealed Tuesday for all leagues and Mooseheads centre Nathan MacKinnon is at No. 1 for the Q, followed by teammate and linemate Jonathan Drouin.

For goaltenders in the QMJHL, Zachary Fucale of the Halifax Mooseheads is ranked No. 1.

All three Mooseheads are considered potential first-round draft picks, with many believing MacKinnon will go No. 1 and Drouin somewhere in the top five.

METRO



Nathan MacKinnon
JEFF HARPER/METRO

QMJHL

Val-d'Or forward banned 2 games for racist remark

A member of the Val-d'Or Foreurs who directed a racist remark towards Halifax Mooseheads defenceman Trey Lewis during Sunday's game at the Metro Centre has been suspended two games.

The Quebec Major Junior Hockey League announced the suspension to forward Vincent Dunn on its website Tuesday.

The suspension, handed down by QMJHL director of player safety Raymond Bolduc, was for "inappropriate comments directed towards his opponent."

The team has also been fined \$500.

"The Quebec Major Junior Hockey League created an anti-discrimination policy in December of 2006 in order to ban all forms of discrimination," league commissioner Gilles Courteau said in a statement. "Our policy is based on the principle of zero tolerance and it applies to all comments which are deemed inappropriate. All of our participants must be treated with respect and dignity." METRO

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CFL. Stamps cowboy-up for arrival in Toronto

Calgary offensive lineman Obby Khan has been to three Grey Cups in the past five seasons, so he considers himself something along the lines of the older, wiser, elderly statesman of his unit.

That's why, when the Stampede landed in Toronto Tuesday evening, Khan was among the players who elected to dress "cowboy" instead of suit and tie.

"Are you kidding, we're representing Western Canada," said Khan, the six-foot-four, 270-pounder who might have been the biggest cowboy on his team Tuesday night.

"You get a chance to dress up like this once a year if you are lucky, so why not take advantage and have some fun. And it's natural for me, since I am the best-dressed, best-looking (offensive lineman) here."

The "older and wiser" reference is Khan's own phrasing. At 32, the Ottawa native is the oldest O-lineman Calgary will suit up for the 100th Grey Cup



Stampede lineman Obby Khan arrives in Toronto on Tuesday.
THE CANADIAN PRESS

Sunday against the Argos.

Khan fell short in the 2011 Grey Cup with Winnipeg, and suffered a leg injury in 2007 with the Bombers that kept him out of the game.

So when Stampede coach John Hufnagel gave his club the option to dress western or suit and tie for the trip to Toronto, Khan wasn't about to let the fun pass him by.

"I never cowboied up before," Khan said.

TORSTAR NEWS SERVICE

No horse play on Sunday?

- According to reports in Calgary Tuesday, Calgary's biggest cheerleader — the touchdown horse — may not be allowed to perform his touchdown run at Rogers Centre in Toronto during Sunday's game.
- The horse will be in Toronto, though, and is set to be paraded through the lobby of the Royal York hotel Thursday morning, recapturing a moment originated by Calgarians at the Royal York in 1948. TORSTAR NEWS SERVICE



76ers rise above Raptors

The Philadelphia 76ers' Jason Richardson shoots over the Toronto Raptors' Amir Johnson on Tuesday in Philadelphia. Richardson scored six of his 21 points late in the fourth quarter and the 76ers rallied to beat the Raptors 106-98. MATT SLOCUM/THE ASSOCIATED PRESS

Guess who's back? Jays bring in Gibbons

MLB. Crazy week in Toronto takes another wild turn with hiring of former manager

In one of the most hectic 24-hour periods in team history, the Toronto Blue Jays saved the biggest surprise for last.

Hot on the heels of having their mammoth 12-player trade with the Miami Marlins approved by Major League Baseball and finalizing a contract with controversial free-agent outfielder Melky Cabrera, the Blue Jays unexpectedly named John Gibbons as their new manager Tuesday.

Gibbons returns to the Toronto dugout after managing the Blue Jays from 2004 to 2008.

"This came as a big surprise to me," Gibbons said at a Rogers Centre press conference. "It's really a thrill and an honour to be back. I never would have guessed that this could happen."

Gibbons, who had a 305-305 record in his first stint with the Blue Jays, says he has some unfinished business to take care of in a city starved for a winner.

"We did a lot of good things while I was here, but nothing great," he said. "I think something good is going to happen here."

Gibbons, 50, became manager of the Blue Jays in 2004 when then-general manager J.P. Ricciardi fired Carlos



Newly reinstated Blue Jays manager John Gibbons speaks to members of the media in Toronto on Tuesday.

NATHAN DENETTE/THE CANADIAN PRESS

Tosca. He was eventually fired in June 2008 and replaced by Cito Gaston, who had led the team to World Series championships in 1992 and 1993.

"It has happened fast," Gibbons said of being hired for a second stint. "I am thrilled to be back. It's always good to see some old friendly faces."

And with the player moves the team made in the last week, he's excited to get a second chance.

"There are too many good baseball people who are running things and putting it together," Gibbons said. "It's

going to happen, so why not be there when it does?"

Those people are led by general manager Alex Anthopoulos, who stunned the baseball world last week when word leaked that the Blue Jays and Marlins had agreed to a trade that saw Toronto acquire all-star shortstop Jose Reyes and pitchers Josh Johnson and Mark Buehrle.

He followed that up by signing Cabrera to a two-year deal worth \$16 million US.

"The front office has put together a legitimate, contending-type team," said Gibbons, who ranks third all-time in victories with Toronto. "Now it's the manager's job and the coaching staff's job to pull it together as a team and get the most out of these guys. That's our No. 1 job."

THE CANADIAN PRESS

Clubhouse controversy

John Gibbons' best year in Toronto came in 2006, when the club went 87-75 to finish second in the AL East — the same season he had well-publicized blowups with players Shea Hillenbrand and Ted Lilly.

- Gibbons said he regrets the physical altercation with Hillenbrand, but Anthopoulos defended him and said if you can't play for Gibbons then you can't play for too many guys.
- "I've always rooted for this organization. They gave me my first shot to be a big-league coach and a big-league manager," Gibbons said.

Quoted

"From my standpoint, I don't have any stronger belief that this is the right guy to lead this team."

Blue Jays general manager Alex Anthopoulos, on the John Gibbons hiring



NHL. Players expected to table proposal on Wednesday

The ball is back in the hands of the NHL Players' Association.

With collective bargaining talks set to resume at the NHL head office on Wednesday morning, the union is expected to table a new proposal. It comes on the heels of a 90-minute meeting on Monday evening, in which the league asked NHLPA executive director Donald Fehr to put together a comprehensive offer that includes how to split revenue and rules governing player contracts.

"We've never heard a full proposal from them," said deputy commissioner Bill Daly. "We've heard their pro-

More games under the axe?

The meeting on Wednesday comes at the same time the league is expected to cancel more games.

- According to sources, the

NHL has decided to wipe the first two weeks of December off the schedule, which will bring the total lost during the lockout to more than 400 games.

posal on economics; they're still suggesting that they're moving in our direction on economics. Until we know exactly where they stand on economics ... we think it's all tied together.

"We'd like to hear it all together."

In addition to revenue split

and player contract rules, the sides need to work out how to pay for the damage caused by the lockout. In the NHLPA's most recent offer, which was tabled Nov. 7, the union asked for the players' share of revenues to jump in fixed increments of 1.75 per cent each season starting from the

\$1.88 billion they took in last year.

That proposal didn't include the mechanism that would be used to account for the reduced revenue generated during a shortened 2012-13 season.

The NHL would prefer a proposal based on a percentage of annual revenue.

"If their proposal continues to be a guaranteed player amount, sitting here on Nov. 19, that's not a proposal that would ever be acceptable to us," said Daly. "If that happens to be where we are, we will be a long way apart."

THE CANADIAN PRESS

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Engine

Unchanged is the 268-horsepower 3.5-litre V6, although Toyota has tweaked the engine and installed an updated six-speed transaxle (with a quicker-shifting sport model selector) for improved fuel economy. Although you may have heard about an Avalon hybrid, that model is just destined for the U.S. right now.



The engine is a 3.5 litre V6 with 268 horse power.

2013 Toyota Avalon

- **Type.** Four-door, front-wheel drive, full-size entry level sedan
- **Engines (hp);** 3.6-litre DOHC V6 (268),
- **Transmission.** Six speed automatic.
- **Base price (incl. destination).** \$38,500-\$40,500

Design

Overall, the look is more youthful and dramatic, especially the dual grille in front and the sweeping roofline that flows into the rear deck. More importantly, the Avalon now puts more distance between it and the smaller, less-luxury-oriented Camry from which it was spawned. This is a handsome car.

Suspension

The Avalon's suspension has also been beefed up with thicker anti-sway bars and stiffer springs for greater ride control. The electronic power steering system now has had some of its previous numbness dialed back. All of this is good news for a brand that has been previously criticized for its 1970s-era mushy handling traits.

Review. Lose the Lexus and save with the stylish new Avalon

MALCOLM GUNN
Wheelbase Media

As competent as the 2013 Avalon is, the car has traditionally walked a fine line between its spot as Toyota's top-level sedan and the entry-luxury Lexus ES that is a portal to Toyota's up-market division.

That situation isn't likely to change for the 2013 model year with the arrival of the next-generation Avalon. Fortunately, however, the big sedan no longer dwells in the Camry's shadow, where it has performed in relative obscurity since its 1995 model-year arrival. The all-new edition receives more defining sheet metal courtesy of Toyota's Calty Design Research Division.

The Avalon's new and radically different sheet metal translates into a larger appearance, which is entirely illusory, since the car is slightly thinner than the 2012 version.

ner than the 2012 version.

The new Avalon rides on the same basic platform and maintains the same distance between the front and rear wheels, yet the additional use of high-strength steel has helped reduce overall heft by a claimed 55 kilograms.

There shouldn't be any criticism leveled at its redesigned interior with its concave-shaped dashboard that exudes luxury. Leather-covered seats with improved side bolstering are standard, as is a large and legible touch-screen panel. Add a total of 10 standard airbags to the mix and you almost have to wonder why anyone would head over to the Lexus store for their premium sedan fix.

Here in Canada, the Avalon will be available in two trim levels beginning with the XLE (\$38,500), followed by the Limited, which costs about \$40,500.

Most importantly, however, Toyota's flagship should appeal to a wider audience that has likely passed on previous versions for their general lack of personality and for those who actually like to drive. Not anymore.



The Avalon's dashboard is futuristic and luxurious.



The front view shows off the new dual grille.

By comparison



1 Chrysler 300
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2 Chevrolet Impala
Base price: \$32,000 est.



3 Ford Taurus
Base price: \$30,450

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Whether it's a Christmas gift, a novelty birthday gift or just something for yourself, here are some ideas for unique automotive-inspired presents.

WHEELBASE MEDIA



Feed from the big wheel

Here's the perfect accessory to add to your man (or woman) cave, or Garage Mahal. The tire bowl is an amazingly realistic reproduction of a custom wheel and tire combination and is ideal for serving and preserving your favorite snack foods. The tire's grippy-looking rubberized tread looks a bit over the top, while the chrome-look snap-on lid resembles an aftermarket alloy wheel. The container is 15 centimetres in diameter by 6.5-centimetres deep and it sells for \$20 US from amazon.com and perpetuallkid.com.

Give a dog a bone

The Craftsman Dog Bone is actually eight swivel-head wrenches in one (four at each end) and should save you plenty of aggravation during those times when you're working on your vehicle and can't seem to locate the right-sized socket. Sizes include 3/8, 7/16, 1/2, 9/16, 5/8, 11/16, 3/4, and 13/16 of an inch (metric sizes also available). The Dog Bone has also been designed so as not to round off the edges of bolts and nuts and it has a built-in 3.5-kilogram-strength magnet that can be used to attach nuts and bolts, oil pan drain plugs or any other metal objects. This item is available at most Sears stores, or online for \$13 US. sears.com



New Ferrari - \$2,800

When it comes to pedal cars, why should kids have all the fun? The Ferrari FXX Exclusive pedal go-cart is advertised by the manufacturer, Berg Toys, as being suitable for anyone from ages 5-99. In fact, this officially licensed Ferrari product is no toy, but is a four-wheel cycle vehicle with seven-speed gearing, front disc brakes, alloy wheels, an on-board computer to record top speed, distance travelled and lap times. So why spend \$2,800 US on fitness equipment? Go to bergtoys.com for details.

Step right up...

If you're frequently loading your pickup with the tailgate down, especially a high-stepping 3/4-ton 4x4 long box, you likely find yourself struggling just to step into the box. If that's the case, you need the XD eXtreme Step Attachment. This all-steel product attaches to your trailer-hitch receiver and extends about 60 centimetres away from the bumper. The step is even large enough to be used as a seat.



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Going 'soft' on car quality?

Autopilot



**AUTO
PILOT**
Mike Goetz
drive@metronews.ca

Vehicle quality used to be easy to describe. A window crank falling off in your hand? That was bad quality. A window crank not falling off? That was good quality.

Now most cars have fewer and fewer defects from the factory. So how are we assessing vehicle quality in this modern era?

Well the fine people at J.D. Power and Associates — who have been measuring initial vehicles after 90 days of ownership, every year for the last 26 — have determined that we're getting "soft" when it comes to assessing quality.

By "soft" they mean that we're more concerned about how well things work, rather than whether they work or not, because, well, they almost always do work.

Dave Sargent is the vice-president at J.D. Power and Associates and heads up its Global Automotive practice. Last week, he spoke at the AutoTalk Canada conference in Toronto, and expounded about this evolution of quality perception.

He started his talk by noting that quality remains of paramount importance to consumers and that nothing else drives satisfaction, loyalty and image to the same degree.

He also noted that the customer's perception of what constitutes quality is constantly evolving and will continue to do so. For one thing, we get used to great quality, and move on to things that tick us off.

This has meant quality issues are bleeding into

areas we normally thought of as design. Basically, poor design is now seen as poor quality and customers consider these design problems as being just as severe as defects.

And the area most affected by poor design and subsequent "soft" problems is the interface between driver and vehicle. The infotainment and inter-connected wonderland is now the new quality battleground.

According to Sargent, for the first time in the 26-year history of the study, owners report more problems related to audio, entertainment and navigation system than in any other vehicle area.

Speaking about the technological wonders coming in this area, Sargent had this to say: "Customers are excited. They are also confused and fearful. They need help."

The nature of the problems here are what's causing the confusion and fear. Take voice command for example, which has become the most-often-reported problem in the

in -

dust-
try.
If it

doesn't work as you had hoped or expected, you have to live with it for the whole time you own the vehicle.

Your dealer could fix your window crank problem in one short visit. But he is often powerless to make your voice command system work to your satisfaction. And when this happens, it happens to every one of the units made, not just the ones where a line worker forgot to tighten the window crank.

Sargent believes dealerships could better support consumers in this

area by doing a better job of ex -

plaining how these systems work during the delivery process. But he also noted another problem — consumers are becoming increasingly skeptical about the dealership's ability to handle today's complex vehicles.

Oh boy. Can't you just hear the automotive folks pining for the old days, when their major warranty problem was just loose nuts, and maybe a bit of rust.

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"If you left (the filter) for two years or more, it can become clogged."

Michael Minialoff of Canadian Tire
On the importance of replacing air filters.

which recirculates from the cabin through the heating and air conditioning ducts.

"It's kind of shocking how much debris can end up in there," Minialoff says. "The air inside your vehicle can be up to six times dirtier than the air outside, with road dust, debris, pet hair, pollen, or anything that could be floating around. These are paper filters and they should be changed about once a year or every 24,000 kilometres."

Your engine also contains an air filter, and it's a very important one. Gasoline must mix with air before it will burn, and for every litre of fuel, your engine will use 10,000 to 12,000 litres of air. All of this air is filtered to prevent dirt from entering and possibly damaging the engine.

Engine filters used to be made primarily of paper and were often checked by holding them up to a light — if the light didn't shine through, the filter was clogged and needed replacement. Today's filters contain several types of materials. "This changes the opacity, so holding it up to a light really doesn't tell you anything," Minialoff says. "It should be changed following the recommended guidelines, either in your owner's manual or on the filter box."

Air filters should be changed more frequently if you regularly drive on dusty roads, in stop-and-go traffic, travel only short distances when your engine doesn't fully warm up, or if you're pulling a trailer or hauling heavy loads.

Clean air is always a must, especially when it comes to cars. Your vehicle contains air filters, which should be changed periodically to maintain your engine's health, as well as your own.

All engines use air filters, which remove dirt and particles before they can enter the combustion chamber. Most new cars also contain cabin filters, usually located in the dash behind the glove box, which clean the air in your heating and cooling system as it circulates.

"If you've left (the filter) for two years or more, it can become clogged," says Michael Minialoff, manager of automotive parts for Canadian Tire. "Not only do you not get effective heat, but your defroster won't work as well as it should, and ventilation will be compromised."

The filter handles fresh air that comes in through exterior vents, as well as that



Look closely, the quality is in the detail. Cars from three or four decades ago have very different problems than today's vehicles. HANDOUT

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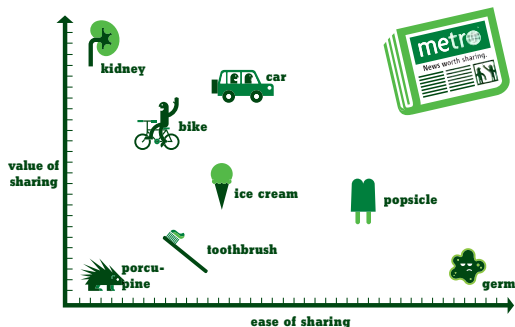
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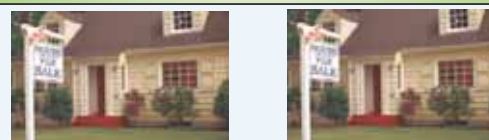
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MISCELLANEOUS

Miscellaneous

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Horoscopes

Aries

March 21 - April 20

Life is good and about to get even better. You can't quite believe that? Well, you will when you begin to see that everything is going your way at last. Keeping a positive attitude is easy when so many positive things are happening.

Taurus

April 21 - May 21

The atmosphere at work may be less than harmonious today but don't make a big deal of it. Some of your colleagues are going through difficulties at the moment but it isn't your fault, so don't take it to heart.

Gemini

May 22 - June 21

Why are you still hung up about what a certain person said? Why can't you let it go? Maybe it's because you recognize there was an element of truth in it. So what? You never claimed to be perfect.

Cancer

June 22 - July 23

If you allow too many thoughts to run through your head today, you will be easily confused. That, in turn, will lead to mistakes. Focus on the one thing that matters. More than one and you may mentally exhaust yourself.

Leo

July 24 - Aug. 23

With the Sun beginning its transit of the most dynamic area of your chart, you honestly believe that all things are possible — and they are. Don't let anyone tell you that your dream is unattainable. They're wrong.

Virgo

Aug. 24 - Sept. 23

The harder you have worked in recent weeks, the more you will need to relax a bit now. Spend time with your family and loved ones and don't think you have to do everything yourself. You've done enough.

Libra

Sept. 24 - Oct. 23

Do what feels right to you today and don't worry in the slightest if other people disagree with you. They have no right to dictate what you should think, say or do — and you have a right to be yourself.

Scorpio

Oct. 24 - Nov. 22

Make sure you keep a smile on your face over the next 24 hours. You have important matters to deal with and the burden you bear is considerable, but you'll bear it better if you think and look happy.

Sagittarius

Nov. 23 - Dec. 21

Everyone knows what you are capable of so you don't have to prove yourself in any way. Having said that, cosmic activity in your birth sign means you want to put on a show. Make it the best show.

Capricorn

Dec. 22 - Jan. 20

The Sun's change of signs today will encourage you to think deeply about your life and its meaning. Some people may say it doesn't have meaning and that your existence is hollow. But they are wrong, and you know it.

Aquarius

Jan. 21 - Feb. 19

Try not to take anything too seriously today. According to the planets, you need to lighten up a little and the best way to do that is in the company of some of your way out friends. They'll make you laugh.

Pisces

Feb. 20 - March 20

The Sun's change of signs today will make you even more ambitious than usual, and that's good. However, your ambitions need to be tempered by the realization that causes always have consequences. Think before you act. **SALLY BROMPTON**

Crossword

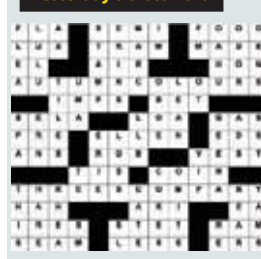
Across

- Auto navigational device (abbr.)
- Food scrap
- Term of respect
- Israeli airlines
- Foot digit
- E-mail request
- Actress — Flynn Boyle
- Small amount
- Operatic solo
- "You Belong with Me" singer/songwriter (2 words)
- Shoe width
- Railway extension
- Crown
- Student assignment
- Airport info.
- Summer cooler
- Ogles
- Breakfast order
- Model railroad gauge
- Musical group: — Vogue
- Praises
- Alike
- Poem
- Spring flower
- Chocolate cookie
- Geese formation
- Work for a living
- Lair
- Have dinner
- Actor of Lethal Weapon movies

Down

- Hair product
- A flat area of ground
- Gilbert of The Talk
- Beetle Bailey's pooch
- Lion sound
- Turner and Knight
- Slave
- Name abbr.
- Star of Stargate: SG-1 (init.)
- Hen
- Glides
- Jamie — Curtis
- Tiny
- Sophia's husband on The Golden Girls
- Prior to
- Anger
- Bag-like structure
- "Much — About Nothing"
- Japanese currency

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

2	9	3	6	8	7	1	5	4
4	7	6	5	1	9	3	8	2
5	1	8	2	4	3	6	7	9
9	4	2	8	7	6	5	3	1
6	3	5	1	9	4	7	2	8
7	8	1	3	5	2	4	6	9
1	5	9	4	3	8	2	6	7
8	2	4	7	6	5	9	1	3
3	6	7	9	2	1	8	4	5

1			4		3			
6	9						4	7
	7			2		8		
	5		1	4				8
		7				6		
3				9	8		2	
		5		6			8	
9	4						6	5
			2		1			9

Today

7°/0°
Showers

Thursday

9°/3°
Sunny

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